



Have you visited your local Healthy Hub?

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



www.hertsmere.gov.uk/healthyhubs



Welcome to the Healthy Hub newsletter

Welcome to our July 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, our 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.

If you have benefitted from our service please leave us some [feedback](#).

Watch our new [Mental Health Advice video](#).

*****New Hub coming to Radlett soon*****

A roadmap out of lockdown

The government has announced a four week pause at Step 3. Step 3 restrictions remain in place, and you should follow the guidance on this page, which explains what you can and cannot do.

It is expected that England will move to Step 4 on Monday 19 July, though the data will be reviewed after two weeks in case the risks have reduced. The government will continue to monitor the data and the move to Step 4 will be confirmed one week in advance.

You can keep up-to-date with all current restrictions and changes on the [government website](#).

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

COVID-19: Restrictions in England

From 17 May

STEP 3



As we cautiously exit lockdown, you should:

- Socialise indoors in groups no more than six people or two households
- Meet outdoors in groups of no more than 30 people
- Work from home if you can
- Self-isolate if you have COVID-19 symptoms or a positive COVID-19 test result
- Get regular free tests even if you don't have symptoms. Around one in three people with COVID-19 don't have symptoms
- Wear a face covering on public transport and in some indoor settings such as shops, unless exempt
- Get the vaccine when offered

For more information and detailed guidance visit: gov.uk/coronavirus

Covid-19 vaccinations in Hertsmere

All adults aged 18 or over can now get vaccinated against COVID-19.

You do not need to wait to be contacted by the NHS.

If you were contacted but have not booked your appointment, you're still eligible and can book your appointment anytime.

Please go [here](#) to book your jab today or look out for details of walk-in vaccine clinics happening in the local area.

On Sunday (4 July) a pop-up vaccination session will be held at St Teresa's Church Hall in Shenley Road. Local residents keen to get their Covid-19 jab will be able to attend this session, from 10am until 1pm.

Pfizer and Astra Zeneca vaccines are available and 1st and 2nd doses are being given. All over 18's are eligible and there is no need to book as it is a walk in clinic.

COVID-19 Vaccination Clinic



Sunday 4th July, 10am – 1pm

Walk-In Vaccination Clinic (No appointment necessary)

**St Teresa's RC Church, Shenley Road,
Borehamwood WD6 1TG**

Pfizer and Astra Zeneca vaccines available. All adults over 18's eligible. First & second doses available.

These clinics are likely to be popular, so you may have to queue for a short while. Limited vaccine supplies available. No NHS Number - no problem.

If you would prefer a guaranteed appointment time, please book online at www.nhs.uk/covid-vaccination or call 119 to find an alternative vaccine session near you.



Dr Abiodun Afolabi



Dr Timehin Duncan



Dr ObiEzeuko



Dr Charles Esene



Dr Alex Byrne

**Meet our
Vaccination
Team**

Play your part and #SaveOurSummer



Remember:



As Hertfordshire opens up, and with the summer holidays on the horizon, we're reminding our residents that Covid-19 has not gone away – we're still seeing a significant number of cases across the county.

We understand how frustrating it is living under restrictions and we all want to get back to some level of normality, but with cases rising again and a risk of new variants of the virus developing, it's more important than ever for everyone to play their part and help keep our communities safe.

This summer we're asking you to:

Remember hands, face, space and fresh air.

Take regular rapid tests to keep yourself and others safe. Make testing part of your routine.

Get vaccinated as soon as you can, and make sure you have your second dose.

You can order free rapid tests online, pick up tests in pharmacies, or head to one of our mobile testing sites around the county. If you have symptoms, you should self isolate and book a PCR test.

It is important to keep taking tests even when you have had the vaccine.

We Move, She Moves



We Move She Moves update

Some of our sessions, including our Learn to Run, Yoga, Aqua Zumba, Golden Dance and Stroller Strength have resumed. Further classes will be restarted when restrictions are further eased.

[Stroller Strength](#) - New sessions coming to Borehamwood!

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.

You must pre book Stroller Strength [online](#).

Every Thursday at 10am in Aberford Park, Borehamwood. £4 + booking fee (Start 5 August)

[Golden Dance](#) is back!

Golden Dance Fit (Burlesque) is a one hour dance-based fitness class that combines dance and Burlesque routines with cardio fitness. Golden Dance Fit is a

class that woman of all fitness levels can participate in to get the heart pumping and body confidence flowing. Golden Dance Fit is aimed at women over 50 years old.

There is no need to book for Golden Dance.

Every Wednesday at 2:45pm to 3:45pm at Maxwell Community Centre, Borehamwood. £5

Please note, we are working hard to reintroduce all other WMSM face-to-face sessions, so keep an eye on our [website](#) and Facebook page [@WeMoveSheMoves](#) for updates.

Fit, Fed & Read referrals are now open!

Herts Sports Partnership is delighted to announce that Fit, Fed & Read Summer 2021 places are now open for bookings. They have changed the registration process to allow parents and guardians to book their children on directly.

Please visit Herts Sports Partnership booking system [Playwaze](#) to register your child's place at a specific venue. When booking please use the code **FFR2!** to ensure your child's free place.

Fit, Fed & Read will be running from **August 2 to August 26** between 10am and 2pm, Monday to Thursday, providing a free hot meal each day for every child.

The sessions in Borehamwood will take place at Saffron Green Primary School, however there are locations across the county.

Any questions please do not hesitate to contact the team via [email](#).





The Mind Walk

The Mind Walk - 3 July 2021

Mind is here to fight for mental health, for support, for respect.

Join the Mind Walk on 3 July and fly the flag for mental health. Wherever you are in the country, we'll be walking united in the fight for mental health – unstoppable together.

After all that's happened over the last year, it's more important than ever that everyone with a mental health problem can get support and respect. Many of us have experienced problems for the first time and those of us who were already struggling are finding things even harder.

Walk up to 10km on a route of your choice, take in the sunrise or sunset or meet up with friends halfway for a picnic.

Sign up for [the Mind Walk](#) and ask your friends and family to join us or show their support by donating.

Green Home Grants

If you would like a warmer home in winter and cooler in summer, but cannot afford to make improvements, help is available through our Green Homes Grant scheme.

We're working with the National Energy Foundation (NEF) to help eligible homeowners get up to £10,000 and private landlords up to £5,000 towards the cost of energy efficiency improvements.

Among the measures which could be made are external wall, underfloor and roof insulation, as well as heating upgrade to help improve your home's performance.

A properly-insulated home can save you up to £250 per year.

To find out more and to see if you're eligible, contact NEF on their free helpline, 0800 038 6030, Monday to Friday, 9am to 5pm, excluding bank holidays.

Alternatively, you can email [NEF](#) with your full name, address and phone number and an advisor will give you a call back.

Keep your home
warm in winter,
cool in summer
with

Green Homes Grant

funding
from
**Hertsmere
Borough
Council**



WONT EAT THEIR VEGGIES? CANT GET THEM TO TRY ANY NEW FOODS? THEN JOIN OUR

FUSSY EATERS MASTERCLASS

AND GAIN THE SKILLS YOU NEED TO MAKE HEALTHY HABITS FOR YOUR FAMILY!

REGISTER FOR YOUR PLACE NOW!
It's freeee!

13:00 - 14:00 • Tuesday 6th July

The graphic features a young boy sitting at a table, focused on preparing a sandwich. The background is a bright, clean kitchen setting. The text is arranged in a clean, modern layout with a mix of bold and regular fonts. The 'Fussy Eaters Masterclass' title is the most prominent element, rendered in a large, bold, orange font. The registration call to action is enclosed in a circular orange badge with a brushstroke effect. The time and date are clearly displayed at the bottom of the graphic.

BeeZee Bodies Masterclass and Ice Cream recipe

BeeZee Bodies have a Fussy Eaters Masterclass taking place online 6 July between 1pm and 3pm.

Do you have children that will not eat their fruit and vegetables or can't get them to try new foods? Join their Fussy Eaters Masterclass and gain the skills you need to make healthy habits for your family.

Register your FREE place now here [Award Winning Weight Loss and Behaviour Change programmes \(beezeebodies.com\)](https://www.beezeebodies.com)

Looking for some healthy treats for summer? Check out BeeZee Bodies Strawberry Nice-Cream' recipe below.

STRAWBERRY NICE CREAM

Who needs Haagen Daaz or Ben & Jerry's when you can make your own delicious strawberry ice cream at home – it's cheaper AND healthier. Using coconut milk for creaminess and real strawberries for flavour, this simple healthier ice cream recipe is pretty cool!

You could even try using any fruit of your choice instead of strawberries. How about raspberries, mango or peach?

INGREDIENTS

- 1 can full-fat coconut milk
- 3 teaspoons honey
- 1 teaspoon vanilla essence
- strawberries

METHOD

- Combine the coconut milk, honey and vanilla essence in a bowl and mix thoroughly
- Pour mixture into ice cube trays and freeze for at least four hours
- Once frozen, add the frozen cubes to a food processor with two handfuls of chopped strawberries.
- Blend together until smooth, stirring occasionally
- Serve immediately as a soft-serve, or refreeze for a harder ice cream consistency.

We're BeeZee Bodies, we run free, fun after school sessions in Hertfordshire to help children and their families learn how to make healthy habits for life. Click here to find out more about our programmes and sign up



weightwatchers
reimagined

WW self-referral option launches across Hertfordshire

A new self-referral option for 12 weeks of FREE weight management support from WW (the new Weight Watchers) has launched across Hertfordshire, allowing residents to access the programme independently.

The new referral option means that anyone meeting the eligibility criteria will now be able to sign up directly through the dedicated [webpage](#).

The free programme includes the opportunity to attend 12 weekly workshops as well as full access to all WW digital support, which includes 24/7 online chat, over 1,000 recipes and a number of community groups.

Contact WW on 0345 600 7068 (quoting WWS71) or visit [their website](#) to find out more.

For help in completing your self-referral form, please contact our [healthy hub advocates](#). Residents who would prefer to access this service via their healthcare professional can still do so – there is no change to this process.



Herts Help is here for you

Everyone needs a little support from time-to-time, whether that's with the cost of food and essentials, advice on debt management or simply help to live independently at home.

HertsHelp is here to support you find the help you need and put you in touch with organisations that can help.

HertsHelp is a network of community organisations working together across Hertfordshire to help everyone living in the county find the independent support, guidance and information they need to access the right service and get the most out of life.

If you, your family or anyone you know needs advice, support or practical information to make life easier, HertsHelp is there for you.

“After I fell over, HertsHelp helped me to get practical support and equipment. I feel safer at home now.”

To find out more, call 0300 123 4044, [email](#) or visit www.hertshelp.net

Could you be the face of Herts Sport Partnership's We Are Undefeatable campaign?

After supporting hundreds of people living with long term health conditions with free activity packs, the Herts Sports Partnership will be celebrating the national '[We Are Undefeatable](#)' campaign – a movement which celebrates what people can do whilst living with conditions like dementia, cancer, Parkinson's, arthritis, asthma and diabetes.

'We Are Undefeatable' is all about showing people that whatever condition they live with, being physically active – even in the smallest of ways – is still possible. That's why HSP want to share local stories of people living with long term health conditions getting active, that can help encourage others to join!

Can you be a face of the 2021 campaign by sharing photos of yourself getting active? If so, send your photos to [Alicja Polak](#) along with a few sentences about your experience before 12 July. *Please note you must have consent to use the photo from everyone in the image, and by sending us your image, you give consent for HSP to use it for any future publicity or promotion related to the work of the Partnership.

July is Good Care Month

In Hertfordshire alone, around 4,000 paid carers are recruited each year. The Good Care Campaign is about celebrating and sharing the great work carers do each and every day.

The Hertfordshire Care Providers Association (HCPA) is reaching out to the public during Good Care Month, which will see Buggy MaGNOME travelling across Hertfordshire throughout July, visiting as many adult social care providers as possible and sharing the highlights of the carers' days. With an ageing population and increasingly complex needs that require additional social care support, there is an ever-growing need to recruit and retain staff in the adult social care sector.

Find out more about [the campaign and career opportunities in social care](#).

The Hertfordshire Carers Strategy guides the work of health and social care organisations in Herts. They would like your feedback to help them in renewing the strategy for 2021-24.

Please help us by completing [this questionnaire](#) by midday on 12 July 2021.

If you're under 18 you're welcome to complete this survey, or you may wish to complete the [Young Carers Strategy for Herts Survey](#).

If you want to know more about the support available to carers or would be interested in being involved in the development and delivery of support and services for carers and adults, please contact Carers in Herts by phone 01992 586969, [email](#) or visit their [website](#).



InspireAll Update

The following centres are now open with a range of activities available to book in advance (up to seven days for members) including a gym session or lane swim. In addition children's and adult's swimming lessons have returned. However, due to government restrictions there will be some activities that will be temporarily unavailable.

In addition InspireAll will be offering a wide range of OnDemand sessions via the InspireAll app and Mywellness platform, along with a selection of live streaming classes from our instructors.

Further information will be made available shortly on the centre websites:

- [Furzefield Leisure Centre](#)
- [Bushey Grove Leisure Centre](#)

- [The Venue Leisure Centre](#)

Please keep yourself up to date with the latest information from the government on the latest [local restriction tiers](#).

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.



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