

## Community Information Champions Covid, Community & Health & Wellbeing Information Update 2022 Issue 05

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### Joint Committee on Vaccination and Immunisation (JCVI) guidance for autumn covid-19 vaccinations

The JCVI's current view is that in autumn 2022, a COVID-19 vaccine should be offered to:

- Residents in a care home for older adults and staff
- Frontline health and social care workers
- All those 65 years of age and over
- Adults aged 16 to 64 years who are in a clinical risk group

A plan is currently being developed for how these groups will be managed in the autumn.

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### Herts Sports Partnership HAPpy Camps

What will your children be doing this summer? Skateboarding? Making music? Learning rugby drills? Crafting collages? Learning to cook? Their first cartwheel? All of these and more are possible at HAPpy Camps, which are free for children receiving benefits related free school meals. Ask your school for your HAPpy Booking Code now, ready for bookings opening on Monday 20 June!

[www.sportinherts.org.uk/booking](http://www.sportinherts.org.uk/booking)



### Carer's Week 2022: 6-12 June

Unpaid carers may not know who to turn to for support and information. That's why we must make caring Visible, Valued and Supported.

It's Carers Week from 6-12 June and Carers in Hertfordshire have organised a range of free events for carers, including a nature walk, online quiz night and listening sessions.

Look at what's on and join them: [www.carersinherts.org.uk/how-we-can-help/carers-week-2022](http://www.carersinherts.org.uk/how-we-can-help/carers-week-2022)

**Make caring**  
**Visible, Valued**  
**and Supported**



6-12 June 2022

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Thank you to Hertfordshire Public Health for the above Content –

For your CIC related enquiries please contact [lynsi.hayward-smith@cdaherts.org.uk](mailto:lynsi.hayward-smith@cdaherts.org.uk)

## Herts Rural Support Networks

### Could you help share the joy of walking?

Summer's here! Hertfordshire Health Walk volunteers have added evening and weekend walks to some of their [walk programmes](#).

If you work 9 to 5 or would simply like to enjoy the longer daylight hours in great company, why not take a look to see if there is a walk that suits you.

Register at <https://bit.ly/3H0AQeV>



Eat well for you and the planet!



13 - 17 June 2022

<https://www.nutrition.org.uk/healthy-eating-week/>

### British Nutrition Foundation's 10th Healthy Eating Week (13 - 17 June 2022)

Are you looking for simple steps towards a healthier & more sustainable diet?

Join us for the British Nutrition Foundation's Healthy Eating Week 13-17 June '22 & use the free guides & resources to support you! #HEW22

Register at <https://bit.ly/3tr7X5N>

@NutritionOrgUK

### Cervical Screening Awareness Week 20th - 26th June 2022

Cervical screening can stop cervical cancer from ever developing, but we know that the test isn't always easy. **Jo's Cervical Cancer Trust** is encouraging people to share their tips, experiences, and positive messages about screening. They will be focusing on a few reasons they know screening can be hard and will be sharing different content each day.

Keep an eye on [this website](#) and their social media for some amazing tips and support.

ALMOST  
**ONE IN THREE**  
DON'T GO FOR  
CERVICAL SCREENING.

**CERVICAL SCREENING**  
AWARENESS WEEK  
20 - 26 JUNE 2022

Jo's cervical  
cancer **TRUST**

### Calling all business owners and managers!

Find out how to futureproof your business against COVID-19. The [Hertfordshire Better Business for All](#) partnership has produced a simple guide with advice and tips on how to protect your workforce, customers and business from COVID-19 in the future. [Find out more](#)

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### The Men's Health Awareness Webinar: 16 June 10am to 11am

The Here For You team will be hosting a webinar on 16 June at 10am-11am, focusing on raising mental health awareness amongst men. The webinar will also focus on how to encourage more men to take the time to look after their own mental health/wellbeing and to seek appropriate support.

Key representatives from two local Men's mental health charities, Andy's Man Club and Man Up, will be sharing their own personal stories and experiences of setting up groups and working with men. There will be a brief Q&A at the end.

This webinar is aimed at men, individuals who identify as being male and interested professionals supporting and working with their male colleagues.

Please register for this event [here](#) or contact Here For You on [hereforyou@nhs.net](mailto:hereforyou@nhs.net) if you have any queries.

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### Volunteers Week 1 – 7 June 2022

Volunteers' Week is a time to say thanks. It goes without saying that volunteers have played a key role in the pandemic response. During an exceptionally difficult couple of years, people from all walks of life around the UK have taken the time to volunteer and make a huge difference to their communities – just as they do every year. This is a time for us to come together and thank all volunteers for their invaluable contribution.

This 38th annual Volunteers' Week took place during the #MonthofCommunity - bringing together organisations with a range of events in order to encourage us all to think about and join in with activities happening in our local communities. Each day followed a central theme to help guide organisations.



To read all about Volunteers Week and what went on <https://volunteersweek.org/>



**Never Too Late** Are you less active than you used to be? The Never Too Late campaign from @hertscc can help you get your mojo back! Sign up today to get a FREE activity pass, ongoing support and the chance to win prizes!

<http://bit.ly/NTLHerts>

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## Herts Rural Support Networks

### Free NHS Health Checks

Aged 40-74? Find out about a FREE NHS Health Check near you. Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia. A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy.



Your local Healthy Hub will be running checks, appointments need to be booked in advance.

To check if you're eligible and to book :

<https://surveys.hertfordshire.gov.uk/s/HealthCheckRegistration/>



### New Dual Testing Resources are coming...

With an aim to increase access to community STI testing services, Hertfordshire County Council along with Terrence Higgins Trust, Sexual Health Hertfordshire and Services for Young People have produced a series of new resources to promote community dual testing. This includes social media advertising, printed resources, and a short animation. These resources will soon be distributed

to pharmacies commissioned to provide sexual health services and other community test sites.

To find pharmacies and youth services offering dual tests visit

[www.hertfordshire.gov.uk/dualtestingmap](http://www.hertfordshire.gov.uk/dualtestingmap)

### New Pension Credit campaign

Could you, or someone you know, be missing out on Pension Credit? Pension Credit tops up pension income and can help with day to day living costs. Pension Credit gives eligible pensioners a top up to their state pension and help with heating bills, council tax and possibly a free TV license. More than 1.4 million pensioners in Britain claim it but new figures show many more could be missing out.

HM Government

Around a third of eligible pensioners do not claim **Pension Credit**. Check if you can get your State Pension topped up to **help with living costs**.



More information on [Gov.UK](http://Gov.UK)

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Check your eligibility at [gov.uk/pension-credit](http://gov.uk/pension-credit) or by calling 0800 99 1234

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### Hertfordshire Community Foundation (HCF) Workforce Survey 2022

Do you work in the charity sector?

Hertfordshire Community Foundation (HCF) is carrying out a new workforce survey to help understand who works in the sector and how workforces have evolved in response to Covid.

If you are a **paid worker or a volunteer**, please take this survey:

[www.surveymonkey.co.uk/r/VKQRHTK](http://www.surveymonkey.co.uk/r/VKQRHTK)

If you are the **CEO or senior management** of an organisation, please take this survey:

[www.surveymonkey.co.uk/r/VK6QZQ9](http://www.surveymonkey.co.uk/r/VK6QZQ9)

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### Local funding for local groups

Hertfordshire Community Foundation manages over 100 charitable funds to support local charities, community and voluntary groups in Hertfordshire. Take a look at their grant programmes including eligibility criteria and application guidelines:

[www.hertscf.org.uk/grant-making](http://www.hertscf.org.uk/grant-making)



### Resources - Lots more are available on the CDA Herts website

- <https://www.cdaherts.org.uk/cic-health-wellbeing-resources/>
  - [COVID-19 vaccination information | A Healthier Future](#)
  - [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](#)
  - [Travel to England from another country during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#)
  - [Travel Test Package | UK Gov Mandatory Day 2 & 8 PCR Tests \(projectscreen.co.uk\)](#)
  - HertsHelp: [www.hertshelp.net](http://www.hertshelp.net) email [info@hertshelp.net](mailto:info@hertshelp.net) or call 0300 123 4044
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If you wish to use any of the images featured in this pdf document, they can be found on the CDA Herts website on the Resources page as above – thank you for visiting.

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