

Community Information Champions Covid, Community & Health & Wellbeing Information Update 2022 Issue 07

HM Government

Do you know someone over State Pension age? They may be able to get **Pension Credit** to help with day to day living costs.



With the rising cost of living, it's really important that those eligible are claiming Pension Credit. If you have family over State Pension age, they may be able to get extra financial support for housing costs, and heating bills. To check eligibility visit: gov.uk/pension-credit or call 0800 99 1234. You can also check the benefit self-help calculator on www.hertfordshire.gov.uk/benefits

COVID-19
VACCINES &
BOOSTERS

NHS

Jabs sorted and summer ready



COVID cases are on the rise. Getting your jabs is the best way to prevent illness and stop the spread of the virus. Don't let COVID spoil your summer.

Find your local walk-in site here <https://covid.healthierfuture.org.uk/covid-19-vaccinations-near-you>

You can also book appointments via the National Booking Service at NHS.UK or by calling 119.



Schools out and fun is in for summer! Herts County Council has put together a big list of 'no cost' or 'low cost' activities in our county, as voted for by Hertfordshire residents, providing a whole world of wonder for children and their parents. And for those short journey's, getting there by walking, cycling, scooting or even taking the bus, is all part of the adventure.

Visit www.hertfordshire.gov.uk/summertrips

#summertrips



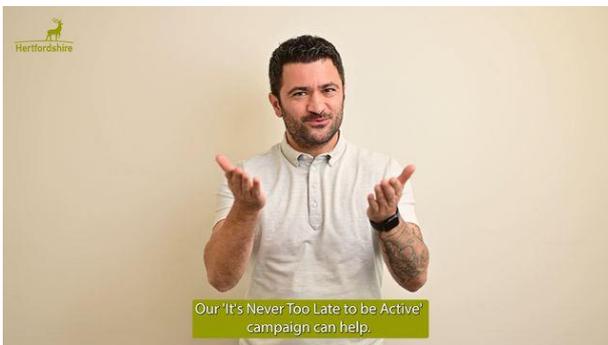
FREE businesses support packages to help you thrive in a Covid world

**STAY SAFE
STAY OPEN**



Stay Safe, Stay Open is offering small businesses in Hertfordshire access to a range of FREE support, from 1:1 consultations to funding for ventilation.

Visit the Herts Growth Hub page to find out more: <https://www.hertsgrowthhub.com/>



A [new British Sign Language \(BSL\) video](#) has been released to promote the 'It's Never Too Late to be Active' campaign, to help give as many people as possible the chance to join the campaign and get help to get active. Over 1800 people have now signed up to Never Too Late, which runs until the end of July.

If you know someone - a parent, grandparent or older family friend – who would benefit from a

little inspiration to get active, please help them to [sign up](#).

<https://www.youtube.com/watch?v=eUe-d8r7PJl>

Alternatively, call 01992 555627 or drop into your local library.



The Let's Just Talk about Sleep Challenge is here! Turn off the alarms, tune into your body's natural sleep rhythm, complete a 2-week sleep log and you could be in with a chance of winning a £200 family experience voucher. Find out more here: www.justtalkherts.org/sleep

Sleep is so important to the whole family's #mentalhealth and #wellbeing – but it's not always easy to get enough of it! **zzz**

For information and tips on getting the best night's sleep possible, follow @JustTalkHerts and visit the Just Talk website: www.justtalkherts.org/sleep



Kooth:

If you're feeling worried, anxious, stressed, frustrated or low, there are places you can go for support. @Kooth_plc offers free, safe, anonymous online support for young people aged 10-25. Visit www.kooth.com

Herts Mind Network ReachOut:

If you're aged 10-17, or a parent/caregiver & would like some emotional support, advice & info, you can call/instant message @HertsMind ReachOut Team, Mon-Thurs 5-8pm on 01923 256391 (option 2) or <https://www.hertsmindnetworkcyp.org/>

'SKILLS FOR CARERS'

Eating Disorders/Body Image Skills for Parents, Carers and Older Siblings

First Steps ED offers free online sessions over four weeks for parents, carers and older siblings, to help support their child/young person with body image issues, disordered eating and eating disorders. Each session will offer practical tips and information to develop self-reflective and care giving skills.

Week 1: What is an Eating Disorder?

Week 2: Caring Styles

Week 3: Conflict & Communication

Week 4: Enabling & Accommodating

Funded by Hertfordshire County Council, programmes will be available until March 2023 and delivered monthly online (via zoom), every Tuesday 7.30-9pm.

To register your interest please use the QR code above to sign up or go to: www.firststepsed.co.uk/how-to-get-help/skills-for-carers

Are you a parent/carer of a young person struggling with their body image and/or their relationship with food?

First Steps ED Skills for Carers is a four-week programme offering free online workshops for you and any older siblings, supporting a young person with their body image, disordered eating and/or eating disorders in Hertfordshire.

Find out more and register at www.firststepsed.co.uk/how-to-get-help/skills-for-carers



Hertfordshire County Council are working in partnership to support those experiencing domestic abuse, with new contracts awarded to Refuge and Safer Places. From 1 July, Refuge was re-commissioned to deliver Hertfordshire's Independent Domestic Violence Advisor (IDVA) service, while Safer Places is now providing [Hertfordshire's safe accommodation service, in partnership with St Albans and Hertsmere](#)

[Women's Refuge and Druglink.](#)

Watch the video: [Tony Kingsbury - Safer Places and Refuge visit - YouTube](#)

Thank you to Hertfordshire Public Health for the above Content –

For your CIC related enquiries please contact lynsi.hayward-smith@cdaherts.org.uk



Go Wild at Hudnall this summer holidays!

If you live or work with a young person aged 13-17 who is living with, or at risk of, poor emotional wellbeing, Hertfordshire County Council Services for Young People are offering free nature connection sessions starting Monday 25 July.

Limited spaces available.

Sign up now at <https://www.servicesforyoungpeople.org/hudnall-park/go-wild-at-hudnall/booking-form/>



Oviva, in partnership with Slimming World, runs a 12-week programme of weekly sessions to give individuals control of their health, providing information on how to best manage their weight and to help make long-term lifestyle changes.

You can choose how you'd like to be supported – whether it's in a group or online. With the right support you can kickstart your journey today and create healthier habits, improve your health and

wellbeing and reduce your risk of becoming ill.

[Hertfordshire Adult Weight Management Service | Oviva UK](#)



Beat summer holiday boredom with these FREE Disney inspired games! Better Health has teamed up with Disney again to bring you a series of fun games that will help to keep kids active.

Find plenty of fun games by searching:
<https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>

#10MinuteShakeUp

@BetterHealthFamilies Facebook

@BetterHealthFamilies Twitter

@BH_Families Instagram

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You can talk to us about anything that's troubling you

👉 We're here to listen 24/7

SAMARITANS
Call free on 116 123 or email jo@samaritans.org

Talk to us
we'll listen

A registered charity

Throughout July, Samaritans have been running its annual awareness-raising campaign, Talk to Us. The campaign aims to let people know that Samaritans volunteers are here 24/7 for anyone who is struggling to cope. To show support, mark Samaritans Awareness Day on 24 July.

If you live in Hertfordshire and need support with your mental health (or know someone who does) – you're always welcome to give Nightlight Crisis Helpline a call on 01923 256391.

Open 7pm - 1am, 7 days a week, 365 days a year.

The helpline provides emotional support, advice, and information to anyone who is feeling distressed. #talktous



Gain lifelong skills and qualifications that change lives for the better.

Understand how to support someone with mental ill-health on a free 3-week Mental Health First Aid online course. Also includes

free Children and Young People's Mental Health Training.

Limited spaces available, book soon: <https://freecoursesinengland.co.uk/>



STAY SAFE IN THE HEAT
WEATHER.GOV/NYC

- H2O TO GO**: take a bottle of cold water with you.
- PETS**: watch out for hot pavement & provide plenty of water.
- ENJOY**: cold foods & fruits are more refreshing & contain more water.
- BE COOL**: make use of fans or air-conditioners to stay cool.
- AVOID**: alcohol, coffee, tea and salty foods can make dehydration worse.
- WEAR**: light-colored, loose fitting clothing.
- SHADE**: wear a hat, or use an umbrella.
- OUTDOORS**: limit strenuous outdoor activities.

Sunny spells can pose health risks for some people. It's important to protect yourself & others from too much sun or heat, carry water when travelling & think of those, such as young children or older people, who may feel the heat more acutely than others

Visit  <https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/be-ready-for-hot-weather>

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Do you know a neighbour, carer, volunteer, colleague or professional who has gone above and beyond during the pandemic?

The Excellence in Hertfordshire Public Health awards, which were last held in 2019, are back. Any individual or group who lives, works, studies, cares or volunteers in Hertfordshire is eligible to nominate and be nominated between now and Thursday, 1 August.

Visit  www.hertfordshire.gov.uk/PHawards2022 for more information, including the categories and selection process.

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 email 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.