

Community Information Champions

Covid, Community & Health & Wellbeing Information Update 2022 Issue 08

Community Help Hertfordshire



CHH are continuing to support Hertfordshire residents who need volunteer support. Rural Support Networks are doing a fantastic job in rural areas helping elderly, lonely and vulnerable people.

- ✓ Shopping (please note there is no delivery charge for this service, but the client will be billed for the shopping)
 - ✓ Walking buddy (building confidence to go out and about again)
 - ✓ Bus buddy (building confidence to start using public transport again)
 - ✓ Befriending calls (a friendly phone call for people who just want a chat with someone)
 - ✓ Dog Walking (help with dog walking)
 - ✓ [Click to find out more about the fantastic work of the hundreds of volunteers in Herts](#)
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Good for your body good for your mind:

This year, we're all getting moving. It's the perfect time to get active. When you move more you not only give your body a boost, but you give your mood a lift too. Find ways to get moving at nhs.uk/better-health/get-active.

Small steps to lift your mood this Summer:

This summer, let's get moving! You don't have to be an athlete - a simple brisk walk is enough to help you feel good in body and in mind.

[Click to read more about better health, how to get active](#)



Gardening ALLOT is good for you... and the bugs!

This #NationalAllotmentWeek (8 to 14 August), pick up a spade and head to a garden or your allotment. If you don't have either, why not find a community garden near you? Gardening can be a fun way to get outside, improve your mood and get fitter. Look out for scavenger hunts, wild

play or inspiring nature and gardening books to keep your little mites entertained too!

[Click to find out more about National Allotment Week](#)

Thank you to Hertfordshire Healthy Hubs for the above Content –

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



Have you completed your bowel screening test?

Everyone aged 60 to 74 is entitled to free bowel cancer screening every two years. If you're registered with a GP, the test is automatically sent to your home along with instructions and a free return envelope. Bowel cancer is the 4th most common type of cancer, and screening can help prevent it, or find it at an early stage, when it's easier to treat.

[Click to find out more](#)



Healthy Start helps families

Get help to buy food and milk. Healthy Start helps families on a low-income to buy essential food and milk and provides free vitamins. If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. For advice and practical help to manage

finances visit www.hertfordshire.gov.uk/costofliving

The Healthy Start scheme has gone digital. Previous voucher recipients must re-apply to continue getting help. Find out if you're eligible and how to apply at www.healthystart.nhs.uk



New Leaf College

If you're looking for help to support your mental wellbeing then look no further. New Leaf College have a whole range of free courses and seminars for all Hertfordshire residents aged 18+, focussing on mental health recovery and aiming to help increase knowledge and skills, and promote self-management.

From September, in person classroom sessions are back in Stevenage, Watford, Ware, and Hemel Hempstead. Online sessions will also continue.

[Find out more and sign up at](#)



Travel Vaccinations

Looking forward to family holidays? Vaccination offers the best protection from COVID-19. Getting your children vaccinated is quick and easy, increases their immunity and helps protect your whole family. Book online at [NHS.UK](https://www.nhs.uk), call 119 or attend one of our child-friendly walk-in vaccination clinics, no appointment needed.

[Click to find your local walk-in centre](#)

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



Low or No cost Little Trips for Kids

School's out and fun is in for summer! Hertfordshire County Council have 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 journeys, getting there by walking, cycling, scooting or even taking the bus, is all part of the adventure.

Visit www.hertfordshire.gov.uk/littletrips #summertrips

Kids eat for less or free this summer in Hertfordshire

Asda Kids (aged 14 and under) eat for £1 at any time of day, seven days a week with no minimum spend.	Beefeater Up to two kids can receive a free breakfast with one paying adult.
Brewers Fairs Up to two kids can receive a free breakfast with one paying adult.	Bella Italia Kids aged 2-11 can eat for £1 at Bella Italia with the purchase of any adult main from 4-6pm Monday-Thursday.
BT's Up to two kids can eat free all-day Monday - Friday if one adult orders any main dish.	Cafe Rouge Kids eat for £1 with purchase of one adult main course. 22 July - 31 August. Excludes Saturdays.
Dobbies Garden Centre Families can get one free kids' meal with every adult main meal purchased in the restaurant.	Dunelm Cafe Kids eat free when an accompanying adult spends £4. Kids can get a mini main, two snacks and a drink.
Harvey Nicks Kid's breakfast up to £2.49 for free when you buy an adult breakfast. Available every day between 8am and 12 noon, July 22 - September 4.	Martinos When you purchase one adult meal over £4.99, kids (16 and under) can get a free meal from the kids' menu. One kids meal per adult.
Tesco Tesco is offering a free kids' meal whenever an adult with a clubcard spends £2.50 in its cafe this summer.	Yogi's Kids under 18 can eat for free from 3.30pm - 5.30pm, Monday to Thursday. One child eats free for every £10 spent on food by the accompanying adult(s).

Visit: www.hertfordshire.gov.uk/littletrips

Kids eat for less or free

Kids eat for less or free this summer in Hertfordshire. We all need a little support from time to time. Hertfordshire County Council have rounded up a list of places to eat this summer where your kids can eat for less or even for free!

www.hertfordshire.gov.uk/littletrips



★ **HELP NEEDED PLEASE** ★

Small Acts of Kindness are looking for volunteers during their packing sessions to help with:

- 📌 Making up large boxes
- 📌 Restocking tables during packing sessions
- 📌 Breaking down and clearing packaging/rubbish
- 📌 Moving filled boxes

Packing of their Warm in Winter gift bags and Purple Pages information packs begins in mid- September and initially will run until the end of October. Based in Watford with plenty of free parking, sessions will run from 10am-12.30pm and 1.30pm-4pm.

If you think you can help or would like more information, please contact Frances on volunteers@smallactsofkindness.co.uk or call 07956536978

Information and support session for Hertfordshire carers

People who support someone with dementia are invited to a [Carers in Herts](#) advice and information session in August. The session is being hosted at the South Hill Centre in Hemel Hempstead on Thursday 11 August between 12:30 - 2.30pm. On the day, a nutritionist support worker from [Hertfordshire Community NHS Trust](#) will provide information and advice, including how to help older people when they have poor appetite. Other professionals will also be available at the meeting with information about their services. To find out more and book your space, [visit the Carers in Herts website](#).



Do you provide a community sports club?

Need help assessing your current situation and planning for the future? Join Club Matters free 2-hour workshops to develop your skills, improve your knowledge and ultimately help you develop your club. Covering 10 topics from leadership, finances, marketing to volunteering and community engagement.

[Click for more details](#)



Let's Just Talk about Sleep

Just Talk are thrilled to announce the launch of their 'Let's Just Talk about Sleep' campaign! Check out their website for advice on getting the best night's sleep possible, as well as info on their upcoming summer sleep challenge

👉 www.justtalkherts.org/sleep



SUICIDE PREVENTION SHOWCASE

Friday, 9 September 2022
9:30AM - 1:00PM
Hertfordshire Development Centre
Stevenage, SG1 2FQ

Hertfordshire and West Essex ICS Wave 4 Suicide Prevention Programme funded a number of VSCE organisations to support the local community in reducing suicide. The aim of funded projects was to support people where there was an emerging risk of self-harm and suicide. These projects will be showcased alongside other work in Hertfordshire.

Find out more about:

- The new suicide bereavement service for Herts & West Essex opening in October. It's a service for those bereaved or affected by suicide.
- The Suicide Prevention Training Group's campaign to encourage people to take suicide prevention action.
- How we're taking action to support the mental health of the Gypsy, Roma and Traveller communities.

Book your place by emailing:

SuicidePreventionHerts@hertfordshire.gov.uk



Save the date! The Hertfordshire and West Essex ICS Wave 4 Suicide Prevention Programme will be hosting a Suicide Prevention Showcase. It will feature a number of VSCE organisations that were funded by the ICS Wave 4 Suicide Prevention Programme to support the local community in reducing suicide, as well as other suicide prevention work going on in Hertfordshire.

The event is taking place on Friday, 9 September 2022 between 9.30am and 1pm at the Hertfordshire Development Centre and you're invited. Please see the flyer coming via HertsFx for more details. Book your place by emailing SuicidePreventionHerts@hertfordshire.gov.uk

Hertfordshire County Council are working with NSPCC East of England



to make sure that children in Hertfordshire are able to achieve their potential and that families are supported at an early stage.

The new 'Pick Me Up' leaflet lists organisations that can help families in Watford who might be struggling and ways you can help if you are worried about someone.

<https://www.hertfordshire.gov.uk/pickmeup>

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Kids' weight. Oof... this can be a tough conversation.

But talking to your child about weight and health can help them to have a better relationship with, and understanding of, their bodies, their food choices and their activity levels. However, choosing the right words to say, and the right way to say them is really

important... BeeZee Bodies are here to help! [Click to find out how](#)

Kick off the new school year with healthy habits at BeeZee Bodies free family weight management groups. New courses start from 26 September for 12 weeks.

Sign up for free by scanning the QR code or visit www.beezeebodies.com/families

WatfordFC health **COMMUNITY SPORTS & EDUCATION TRUST**

Free 12 Week Weight Loss Course

Starts September '22

SHAPE UP

Sign Up: www.shapeupherts.com

Entry Criteria
Hertfordshire Resident
Male Aged 18-65
Body Mass Index of 30+
BMI above 27.5 for BMFL participants

Further Information
Shaun Murphy
07938 485375
shaun.murphy@watfordfc.com

Location: Borehamwood - Allum Manor

Shape Up Men!

If you're 18-65 and live in Hertfordshire, why not join other men on this free 12-week weight loss course – starting in September. What have you got to lose?

Sign up at shapeupherts.com

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](#)

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 \(\[www.nhs.uk\]\(http://www.nhs.uk\)\)](#)
- [Travel to England from another country during coronavirus \(COVID-19\) - GOV.UK \(\[www.gov.uk\]\(http://www.gov.uk\)\)](#)
- [Travel Test Package | UK Gov Mandatory Day 2 & 8 PCR Tests \(\[projectscreen.co.uk\]\(http://projectscreen.co.uk\)\)](#)
- HertsHelp: www.hertshelp.net email info@hertshelp.net or call 0300 123 4044

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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