



1 June 2020

## Welcome to the Healthy Hub North Herts newsletter!

This month's edition is packed with a range of health, wellbeing and physical activity news and events including national campaigns such as Breastfeeding Celebration Week and Carers's Week that you can get involved in! We also update you on our COVID-19 support service and present more of our favourite health and wellbeing information to keep you and your family healthy and well.

### Healthy Hub North Herts: COVID-19 Support Service

We have tailored our service to provide guidance on the support available during COVID-19 as well providing health and wellbeing advice.



### Find out what is happening in your area to support you...

- Staying mentally well
- Ensuring access to essential items such as food/medication
- Staying socially connected
- How to volunteer your support
- Staying physically active
- Entertaining and engaging children

Contact the hub to get friendly, professional one-to-one support. There is no right or wrong question. We will do our best to find the right support for you.

Call **01462 474111** (Mon to Fri, 9am-5pm), email [healthyhub@north-herts.gov.uk](mailto:healthyhub@north-herts.gov.uk) or visit our [Healthy Hub North Herts website](#) to find out more about the services that are providing guidance on the support available during this difficult time.

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### More of our favourite health and wellbeing advice, tips and tools to keep you and your family healthy and well:

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#### Keeping Active



[NHS Fitness Studio exercise videos](#) have been created by fitness experts and range from 10 to 45 minutes. Take your pick from 24 instructor-led videos.

There are exercises to [tone your abs](#), [raise your heart rate](#), and tone your [upper arms](#). You will also find workouts suitable for new mums, such as [postnatal yoga](#), or health problems, such as [pilates for back pain](#).

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#### Eating Well

[BeeZee Bodies](#) is a family weight management service designed to offer practical advice and ideas to families about how to make healthy changes and stay active and well.

Their page is full of [recipes](#), blogs, articles and top tips to help you live healthy and happy! From [Overnight Oats](#) to [Chinese Noodles](#) there's sure to be something that takes your fancy!



#### Looking After Your Mental Health

**Mind in Mid Herts** are a mental health charity supporting positive mental health working across prevention, social support and recovery. More recently, they have adapted their service to continue to support people during the pandemic and until it is safe to go back to face-to-face services.

For current service users, daily digital support is available via zoom (please see timetable below). If you do not currently access their services and would like to join any of these groups, please [click here](#) and complete a support form. They have also recently received funding that allows them to offer all of their 'Living Well' courses and workshops free of charge, including:

- Feeling well, to reduce feelings of depression and sadness
- Building Courage, to manage anxiety
- Learning to relax, coping with stress
- Staying well at work
- Sleep workshop

For more information and to register for any of these courses please [click here](#).

	AM	PM
M	<b>Play on Words</b> 11am – 12:30pm	<b>Wellbeing Group</b> 2pm – 3:30pm
T	<b>Guest Spot: A Moment in Time</b> 11am – 12:30pm	<b>Motivational Group</b> 2pm – 3:30pm
W	<b>Wellbeing Group</b> 11am – 12:30pm	<b>Book Club</b> 12:45pm – 1:45pm  <b>Get Set to Go</b> 2pm
T	<b>Peer Support Group</b> 11am – 12:30pm	<b>Men's Group</b> 2pm – 3:30pm
F	<b>Women's Group</b> 11am – 12:30pm	<b>Quiz Time</b> 2pm – 3:30pm

Mind also have free, live mindfulness sessions each day to support front-line workers, including if you are carer or work in health. Also included in this offer is the blue light services. [Click here](#) for more information.

If you need support please visit [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk) and make a self-referral (top right of the page) and you will be contacted as soon as possible to discuss your needs.

Alternatively, you can call **03303 208100**.

**"We all have mental health and we want to support you to stay well and resilient during this difficult time."**

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## Children's Activities

[Youth Sport Trust's](#) 60 second physical activity challenges are a fun 'compete against yourself' approach to physical activity with a focus on resilience and perseverance. There are a range of activity cards and videos for children to try including [climb the mountain challenge](#), [socks in the box challenge](#), [catch and clap challenge](#) and more!

## 60 Second Challenge

### Catch and Clap

Which skills do you think will be key to succeed?

#### The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive



#### Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps





**Complete P.E.**  
INSPIRE LEARN SUCCEED



**YOUTH SPORT TRUST**



**25 YEARS**

Believing in every child's future

### Make your own face covering

The government advises that we should now wear a face covering when in enclosed spaces such as on public transport or in shops, where you may be more likely to come into contact with others.

A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head.




## HOW TO MAKE YOUR OWN FACE COVERING

**YOU WILL NEED:**

- 50cm x 50cm piece of cloth - a bandana will do
- Two 20cm pieces of elastic (or string or cloth strips)

- 1.** Fold cloth in half 
- 2.** Fold top and bottom thirds into the centre 
- 3.** Place strings about 15cm apart 
- 4.** Fold sides into the middle and tuck 
- 5.** To wear face covering, tie strings behind each ear and secure covering over your nose and mouth 

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

To find out how to make and wear your own cloth face covering, [click here!](#)

### Breastfeeding Celebration Week: 1-7 June

This week is Breastfeeding Celebration Week. The theme of the week is 'Promoting and supporting breastfeeding during the COVID-19 pandemic'.

Breastfeeding is a skill that takes time to get the hang of. Lots of mums wonder if their baby's feeding well and getting enough - especially in the first few days. But once you've mastered it, you'll probably find it's the easiest and most satisfying way to feed your baby.

There are a range of online resources available to help guide new mums through their first weeks of breastfeeding and beyond, providing help at any time of the day or night and complementing the support and advice from health care professionals and breastfeeding specialists:

- Try [the Breastfeeding Friend](#), available 24/7 a day, from **Start4Life** available on [Amazon Alexa](#), [Google Home and Assistant](#), or on [Facebook Messenger](#)
- Visit the [Start4Life website](#) for more helpful information. You can also sign up to receive weekly emails and videos with advice about pregnancy, birth and parenthood.



The banner features a yellow background. On the left is a circular icon of a pink silhouette of a person holding a blue baby. To the right of the icon is the text 'Here to answer your breastfeeding questions, 24/7' in a bold, multi-colored font. Below this text is a small red line of text: 'Search Start4Life to see all the support on offer.' In the top right corner is the NHS logo, and in the bottom right corner is the 'start 4 life' logo.

## Carers Week: 8-14 June



**Carers Week is an annual campaign to raise awareness of caring**, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps individuals who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities and highlight the vital role carers play in our communities.

### **Carers Week and COVID:**

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. As such they need to be recognised and respected for this as well as supported for their hard work.

### **So during Carers Week, we're coming together to help Make Caring Visible.**

There are 6.5 million people in the UK who are carers. Caring for someone can impact on all aspects of life from relationships and health to finances and work and so it is vitally important that we recognise the contribution they make to the lives of others and that they get the support they need.

To find out how you can get involved with Carers Week, [click here!](#)

## Refuge Against Domestic Violence



For women and children.  
Against domestic violence.

[Refuge](#) is a charity providing specialist support for women and children experiencing domestic violence.

If you're scared of your partner and want to speak confidentially, the expert team at Refuge are here to help. You can also [request a call back](#) at time that's safe for you here. Remember, you are not alone. Visit [Refuge UK](#) for more information including recognising signs of abuse.

**You can call the Free 24-Hour National Domestic Abuse Helpline on 0808 2000 247.  
If an emergency, please call 999.**

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## Healthy Hub North Herts: COVID-19 Support Service

Contact the hub by phone on **01462 474111** (Mon-Fri, 9am-5pm) or email [healthyhub@north-herts.gov.uk](mailto:healthyhub@north-herts.gov.uk).

More information and regular updates can be found via [healthyhubnorthherts.co.uk](https://healthyhubnorthherts.co.uk) and on our social media:

**Facebook:** [HealthyHubNorthHerts](#)

**Instagram:** [HealthyHubNorthHerts](#)

**Twitter:** [HealthyHubNorthHerts](#)



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