



15 April 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 multiple national campaigns such as National Gardening Week and Wear Pyjamas for PanCan Day. We also cover our COVID-19 support service and provide some advice and tips to look after your physical and mental health and wellbeing throughout this difficult time.

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...

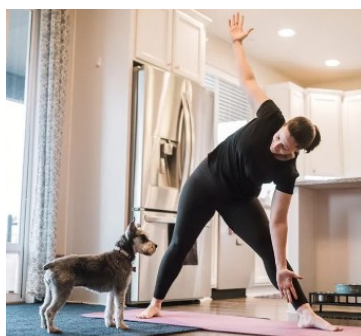
- Staying mentally well
- Ensuring access to essential items such as food/medication
- Staying socially connected
- How to volunteer your support
- Staying physically active
- Entertaining and engaging children

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 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.

It's more important than ever that we find time to look after our physical and mental health, so we've pulled together some of our favourite health and wellbeing advice and tips to keep you on track:

Exercising From Home



With everyone being asked to stay at home, [Hertfordshire Sport Partnership](#) have put together a variety of resources and activities, to help keep everyone moving.

Whether you need ideas for working out your [Body](#) and [Mind](#) or ways to keep your [Kids](#) active, they have a range of free online tools, videos and other resources to support you and your family.

Activities for Families

Staying isolated is an uncommon experience for many. It is an unsettling time for families, and especially for children.

[Home Start](#) family support organisation, have shared practical ideas for activities & resources to do with your children while you're at home. [Here](#) you will find a list of websites full of ideas that may be useful for you and your family.



Food and Nutrition Tips

Good nutrition is crucial for health, particularly in times



when the immune system may need to fight back. Limited access to fresh foods may hinder eating a healthy, varied diet and potentially lead to an increase in processed foods which tend to be high in salt, sugar and fat. Nonetheless, even with few and limited ingredients, we can continue to eat a diet that supports good health.

[The World Health Organisation](#) have shared a number of food and nutrition tips for you to follow during self-quarantine including best food buys and recipes.

Mental Health Support

Are you worried about coronavirus and how it's affecting your life? This may be making you feel anxious and stressed but there are lots of things you can try that could help your wellbeing. [Mind are here to help](#) and provide you with information and support during this difficult time including [Practical advice for staying at home](#), [Taking care of your mental health and wellbeing](#), [Support for work, benefits and housing](#) and more.



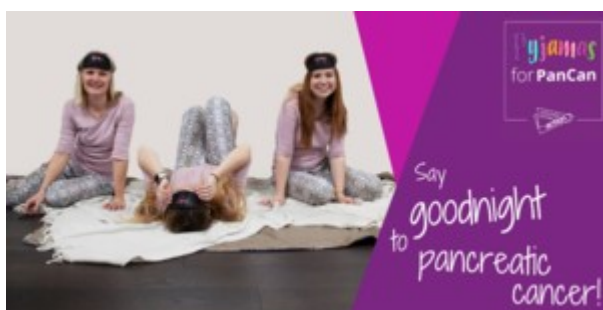
If you are worried about your mental health during the coronavirus outbreak [The Samaritans](#) are available 24 hours a day, everyday for a free chat. Call 116 123.

Domestic Abuse: #YouAreNotAlone



At home shouldn't mean at risk. The household isolation instruction as a result of COVID-19 does not apply if you need to leave your home to escape domestic abuse.

If you or someone you know is suffering from Domestic Abuse, the police response & support services remain available. Find support [here](#) or **call 999** if you are in immediate danger. **#YouAreNotAlone**



Pyjamas for PanCan -
16 April

Wear your pyjamas for the day this April and say 'Goodnight' to pancreatic cancer; the cancer that has been kept in the dark for too long. With your help in raising funds and awareness, we can make sure that more patients are diagnosed at an early stage so that they have the best chance of survival.

In light of the current situation the PJ's for PanCan fundraiser has been extended to run from now until further notice! Take advantage of wearing your pyjamas while helping raise some much-needed funds and awareness of pancreatic cancer.

Visit the Pyjamas for PanCan website [here](#).

National Gardening Week: 27 April - 3 May



National Gardening Week is the nation's biggest celebration of gardening and raises awareness of the difference that gardening can make to the lives of everyone in the UK. It inspires more people, particularly the next generation of gardeners, to experience the joy of growing and creating beautiful green spaces.

In these unsettling and challenging times, it's more important than ever before to find simple and positive ways for us all to relax and feel happy. So, we're calling on gardeners up and down the country to go out into your gardens or balconies as a way to look after your physical health, wellbeing and **'keep gardening'**.

[Click here](#) to read more about National Gardening Week 2020 including handy tips and garden inspo! Tell us what you're doing to **'keep gardening'** by using the **#NationalGardeningWeek** hashtag on social media. Post a photo or video and tag the [@rhshome](#).

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.

More information and regular updates can be found via healthyhubnorthherts.co.uk and on our social media:

Facebook: [HealthyHubNorthHerts](#)

Instagram: [HealthyHubNorthHerts](#)

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