



17 May 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 Children's Week and Mental Health Awareness 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 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.

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

Keeping Active



Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit. [NHS Couch to 5K](#) will help you gradually work towards running 5K in just 9 weeks.

Follow the week-by-week guide through [downloading the weekly podcasts](#), or, get the programme as a smartphone app on [iTunes](#) or [Google Play](#). The app gives you a choice of coaches and helps you track your progress.

Eating Well

Make a change today with [Change4Life!](#) Discover [healthy recipes](#), [sugar swaps](#), [food facts](#), and [fun ideas and activities](#) to help your kids stay healthy.

You can even make your own healthier version of your favourite takeaways at home. The [Good old fish 'n' chips recipe](#) is our favourite!



Looking After Your Mental Health



If you are experiencing a mental health crisis and would like someone to talk to, you can call the [Hertfordshire Crisis Helpline](#), 24 hours a day, every day of the week.

The helpline will provide emotional support, advice and information if you are feeling distressed and are in crisis. This includes if your mental health has been impacted by the current coronavirus outbreak.

To contact the crisis helpline please call 01923 256391.

Children's Activities, Tips and Advice

[Tiny Happy People](#) are here to help you develop your child's skills. Explore staying home tips and advice including [how to keep your children active at home](#) and [how to make your home a fun learning zone](#).

There are also plenty of [simple, free & fun activities](#) that are perfect for keeping your little ones entertained, and others that can be easily adapted so you can do them from the comfort of your home or garden!



A Parent's Guide to Establishing Routine



Living in lockdown, our normal day-to-day routines have gone out the window, and we're all learning to cope with a new way of living. But, although our usual routines are no longer in place, it doesn't mean that we should give up on any sort of routine altogether.

Having a routine is important because:

- Routine builds good habits (eg. doing a family workout before eating breakfast together).
- It manages your child's (and entire family's) expectations and responsibilities.

- It allows for healthy habits to be integrated and prioritised.
- It can help strengthen family relationships.
- It offers stability in a stressful and uncertain time.

Check out [BeeZee Bodies Parent's Guide](#) for more tips on on establishing and maintaining a routine while in lockdown.



National Children's Day:
17 May 2020

National Children's Day UK takes place this year on Sunday 17th May (and the week leading up to it).

For NCDUK2020, as well as sharing the activities of all the wonderful organisations that are working to promote and protect the wellbeing of children and young people throughout the UK, National Children's Day are inviting children and families to share what they have learnt in the last few months, about being connected as human beings sharing one amazing planet that needs our care - something very apt with everything happening in the world at the moment.

Share the small steps that you want to take and/or the big learnings that 2020 has brought you. This can be in whatever form you like, e.g. posters, paintings, photos, poems, songs, raps, dances, videos, articles, podcasts, magazines etc, etc - just add the NCDUK2020 'Small Steps, Big Learnings' logo (from our media pack) and Facebook or Twitter links.

Get creative and help make a kinder and more connected world!

Stuck for ideas?
Visit the National Children's Day website here

Mental Health Awareness Week:
18-24 May 2020



Hosted by the [Mental Health Foundation](#), Mental Health Awareness Week is to raise awareness of mental health and mental health problems as well inspire action to promote the message of good mental health for all. Right now, protecting our mental health is

central to us coping with and recovering from the coronavirus pandemic.

This year's theme is 'kindness', specifically focusing on the power and potential of kindness within our communities. We have seen it in 100-year-old [Captain Tom Moore](#) as he walked to raise money for the NHS and in the mutual aid groups responding to local needs. We want that kindness to spread further in every community in the UK.

So, during Mental Health Awareness Week, we are asking you to do three things:

- 1) Reflect on an act of kindness. Share your stories of kindness during the week using **#KindnessMatters** and **#MentalHealthAwarenessWeek**
- 2) Use the resources to join with thousands in practising acts of kindness to yourself and others during the week
- 3) Share your ideas on how you think we could build a kinder society that would support our mental health using **#KindnessMatters** and **#MentalHealthAwarenessWeek**

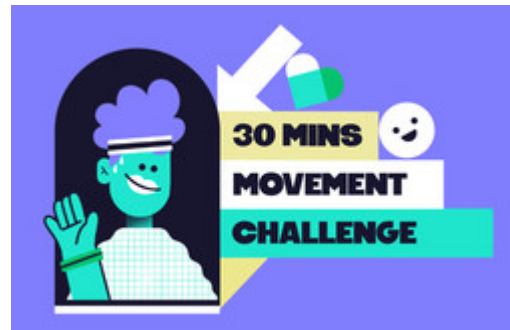
Make sure you tag us ([@healthyhubnorthherts](#)) and [The Mental Health Foundation](#) in your social media posts, or alternatively email us at healthyhub@north-herts.gov.uk

No act of kindness is ever wasted. Please join us this Mental Health Awareness Week and make kindness matter.

Take Action, Get Active 2020

[The Mental Health Foundation](#) are launching a challenge this May, to get you moving & feeling good. The challenge is about being kind to yourself by taking time out each day for yourself.

We are asking you to be active for 30 minutes a day. This could be running, walking, cycling, or even gardening. Whatever your physical ability, this challenge is for everyone. [Sign up here](#) and help raise money for a great cause!



National Children's Gardening Week
Together, we help children grow.
23rd – 31st May 2020

National Children's Gardening Week celebrates the fun that gardens hold for kids. Children, parents, grandparents, schools or garden businesses can find ideas for fun garden projects and activities [here](#).

While most of us are still at home, especially while the weather is still nice - if you have a garden this is a great opportunity to get the children to learn all about gardening and help you with those green fingers!

Children love growing plants, love being in the garden but they're often impatient, wanting to see instant results. National Children's Gardening Week aims to capture children's enthusiasm at a time when results are immediate.

This means that pretty much throughout the UK they can plant all the popular plants with little fear of weather damage or the need for complicated protective growing.

To get involved visit the 'Things To Do page' for inspirations and ideas!

Herts Domestic Abuse Helpline



The first step is to talk. [Herts Domestic Abuse Helpline](#) is a confidential, free, support and signposting service for anyone affected by domestic abuse.

Call **08 088 088 088** (9am-9pm, Monday to Friday & 9am-4pm, weekends) or email Kim@mailpurple.org.

Remember, you can call the [National Domestic Abuse Helpline](#) for free, 24 hours a day, on 0808 2000 247 for information and support. If an emergency, please call 999.

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](#)

Twitter: [HealthyHubNorthHerts](#)



Healthy Hub North Herts

[Manage Subscriptions](#) | [Unsubscribe](#) | [Help](#)

This email was sent to louise.ferguson@north-herts.gov.uk using GovDelivery Communications Cloud, on behalf of:
North Hertfordshire District Council · Council Offices, Gernon Road · Letchworth Garden City, SG6 3JF

