



1 November 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 Movember and International Stress Awareness Week. We update you on our Healthy Hub support service, including our new food provision support list and present more of our favourite health and wellbeing tips and advice.

The Healthy hub are here to support you post lockdown!

To sign up for some free health & wellbeing support [click here](#), or you can call one of our hub coordinators on 01462 474111 (Mon-Fri), email healthyhub@north-herts.gov.uk or visit [our website here](#) to find out more.



NORTH HERTFORDSHIRE
DISTRICT COUNCIL



Healthy hub

North Herts

The Healthy hub are here to support you post lockdown!

Struggling with your mental health?

Are you feeling isolated and lonely?

Looking for some advice on staying healthy and well?

The healthy hub team are here to find the right support that suits your needs.



Call our hub coordinators today to have a free confidential chat on 01462 474111

🌐 www.healthyhubnorthherts.co.uk ✉ healthyhub@north-herts.gov.uk

📱 @HealthyHubNorthHerts
🐦 @HealthyHubNH
📷 @healthyhubnorthherts

Click here to view our new Healthy Hub North Herts introduction video!

More of our favourite health and wellbeing advice, tips and tools

to keep you and your family healthy and well:

Keeping Active



Are you staring at your running shoes every morning but can't get out of bed? We feel you. Staying motivated to exercise is tough, especially when it's cold. But exercising in the colder months is essential to staying fit, healthy and also great for your wellbeing. If you keep your workout routine up year-round, your body will thank you. Need a little nudge to stay on track? Check out [these tips](#) to help you stay active, happy and well this winter.

Eating Well

Put your slow cooker to use this winter with one of these easy, healthy, slow cooker recipes from [BBC Good Food](#).

Simply assemble your dish, relax and allow all of the gorgeous flavours to meld over a low heat. Perfect for a busy mid-week dinner and also a great way to pack extra vegetables into your evening meal. [Click here](#) for the recipes.



Mental Health: International Stress Awareness Week 2020



2-6th November is International Stress Awareness Week. The pandemic can be a stressful time for a lot of people. Fear and anxiety can cause strong emotions in adults and children. Social distancing can also make people feel isolated and lonely which can increase stress and anxiety. If you are feeling stressed, take some time to read these [top 10 stress buster suggestions](#) from the NHS.

North Herts Food Provision Support List: For Those In Need

The North Herts Healthy Hub is here to speak to people who need support with food, energy bills and other essential items. If you need support, please contact us on 01462 474111, email healthyhub@north-herts.gov.uk or for more information please visit our webpage [here](#).

If you are looking for some food support, check out this list of North Herts food providers that can help in our area.



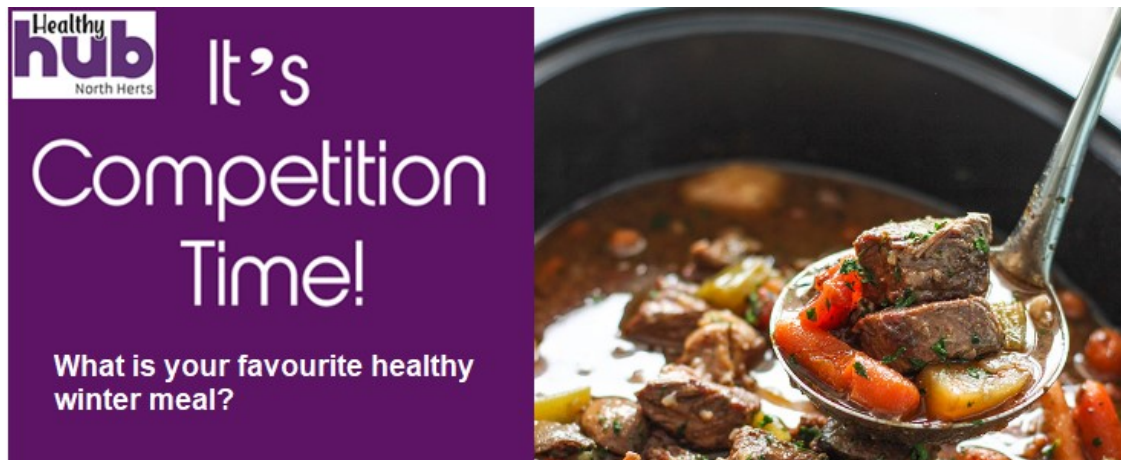
[Food Providers Support List Here](#)

Healthy Hub North Herts Winter Competition!

Enter our Healthy Hub North Herts competition for the chance to win a slow cooker this winter! All you have to do is answer this simple question – **what is your favourite healthy winter meal?**

From stews to soups, casseroles to curries we want to hear from you! Head over to our [Facebook](#), [Twitter](#) or [Instagram](#) pages to find out how you can enter. If you don't have social media, you can email us your entry to healthyhub@north-herts.gov.uk.

For a bonus entry, send us in a picture of your masterpiece!



Competition closes Friday 16th November and the winners will be announced on Monday 25th November, good luck!

Remember, Remember the 5th of November... Stay Safe But Still Have Fun!



Some public fireworks displays are still planned to go ahead, but if your local display has been cancelled, please think carefully before buying fireworks to set off at home. If they go wrong, fireworks can cause injuries, set fire to property, and are a nuisance to neighbours with pets, young children, or older people. If you are planning on buying fireworks this year, please watch and follow the safety guidelines [in this video](#), thank you.



MOVEMBER®

Mental health and suicide prevention, prostate cancer and testicular cancer – Movember is taking them all on.

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up research and motivating men to take action for their health.

Men's health is in crisis. Men are dying on average 6 years earlier than women, and for largely preventable reasons. Unchecked, prostate cancer rates will double over the next 15 years. Globally, testicular cancer is the most common cancer among men aged 15-39 years of age. And across the world, one man dies by suicide every minute of every day, with males accounting for 75% of all suicides.

Movember is uniquely placed to address this crisis on a global scale. They fund ground-breaking projects all over the world, engaging men to understand what works best and to accelerate change.

There are plenty of ways for you to take part, whether it's by donating or growing your Mo for Movember! Visit the [Movember website](#) for all the information you need!



Families in Focus award-winning courses for parents will be starting again in January and February 2021 online via zoom. They are now taking bookings for the following:

2 courses: A Complete Guide to Parenting Children with SEND - FREE for parents of children from 2 to 10 years old and living in Hertfordshire with a diagnosis of Autism, ADHD, all Special Education Needs/Disability and inclusive of those parents whose children are on assessment pathways and/or awaiting diagnosis.

2 courses: Handling Anger in Your Child with Autism/ADHD - FREE for parents of children from 5 years to 10 years old and living in Hertfordshire with a diagnosis of Autism, ADHD and inclusive of those parents whose children are on assessment pathways and/or awaiting diagnosis.

3 courses: Handling Anger in Your Family - FREE for all parents of children from 5 to 10 years old and living in Hertfordshire

For more information or to book onto any of the above courses please visit Families in Focus webpage [here](#).

Herts Domestic Abuse Helpline: Here For You

Herts Domestic Abuse Helpline provides confidential, anonymous and free support to

anyone affected by domestic abuse in Hertfordshire. They provide a safe space for callers to explore their options without feeling pressure to take action.



A confidential freephone number for anyone affected by domestic abuse. Contact us and we will signpost you to the help you need.

Freephone 08 088 088 088

Monday to Friday: 9am–9pm Weekends: 9am–4pm

Confidential email: kim@mailpurple.org

Free • Confidential • Anonymous

www.hertsdomesticabusehelpline.org

 @HertsDomesticAbuseHelpline  @HDA_Helpline  @hdahelp

Registered charity number: 1184899

To speak to someone today please call 08 088 088 088 or email Kim@mailpurple.org. For additional information please visit www.hertsdomesticabusehelpline.org

Jackmans Estate: Activity Survey

[The Herts Sports Partnership](#) are taking a targeted approach in 10 areas around the county, with an aim of reducing inactivity. Working alongside North Herts District Council,

Jackmans has been identified as one of these area.

The first stage of this project, is getting the views of the local community. If you are from Jackmans, they would be really grateful if you could help this process by completing the below survey so they can make sure the activities they provide are affordable, appropriate and accessible for everyone in this area.

The survey will take around 15 minutes to complete and everyone who completes it will be put into a prize draw for a £50 Tesco voucher.

Please click [HERE](#) to complete the survey

If you have any questions or would prefer someone to contact you to go through the survey with you, please contact j.shewring@herts.ac.uk. Thank you for your time.

Healthy Hub North Herts

Contact the hub by phone on **01462 474111** (Mon-Fri) or email healthyhub@north-herts.gov.uk.

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

Facebook: [HealthyHubNorthHerts](#)

Instagram: [HealthyHubNorthHerts](#)

Twitter: [HealthyHubNorthHerts](#)



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