



1 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 Global Hand Hygiene Day and Food Allergy Awareness Week that you can get involved in! We also update you on our Healthy Hub COVID-19 support service and provide more advice and tips to keep you and your family feeling healthy and well during this challenging time.

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### 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



#### Keeping Active: For Adults

Looking for a challenge? Why not try this [30 minute home HIIT workout with Joe Wicks](#) - The Body Coach?! Work your legs, arms & core, no equipment needed!

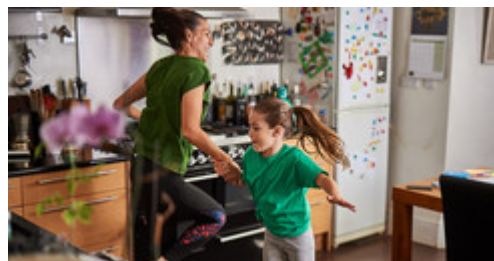
30 minutes, 15 moves, 2 rounds...

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#### Keeping Active: For Adults & Kids

This Girl Can have teamed up with Disney to create ['Disney Dance-Along' routines](#) to help mums get active with their kids.

You can learn the moves or put your own spin on the routines. Break a sweat while having a bit of fun!



### Eating Well



[ONEyou – for your body](#), is full of information and advice to help you eat better everyday. From [calorie controlled recipe ideas](#) to tips to remain a healthy weight, this website is a great start to finding a healthier you.

Our favourite recipe is the [Vegetable Calzone](#), the warm wholewheat wraps hold a delicious Italian-style vegetable mixture, to give a lighter version of a folded pizza - a quick &

easy lunch or dinner recipe!

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## Looking After Your Mental Health

[The Hertfordshire Wellbeing Service](#) are currently offering free confidential talking therapy and practical support for Hertfordshire residents experiencing a wide range of mental health problems including; anxiety, low mood and stress.

Remember, whatever you're going through, you can call the [Samaritans](#) any time (24/7), from any phone for free. Call **116 123**.



## Be Scams Aware

Unfortunately, scammers often prey on people in difficult situations. This is why there has been a rise in criminals exploiting the public's concern over coronavirus.

A scammer may try to approach you on your doorstep, by post, over the phone or online. They'll often pretend to be someone they're not, or make misleading offers of services or investments.

Please note, Age UK will **NEVER** ask for bank payment details over the phone for shopping. If you do receive such requests contact 0300 345 3446.

Read Age UK's guides on [how to keep your money and information safe from scams](#).

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## National Walking Month: May 2020



Did you know May is National Walking Month? With everything going on at the moment it is very important to get outside for your once daily exercise.

If you are able to walk outside, remember that [brisk walking is best](#). This means walking at a moderate intensity at which you would still be able to hold a conversation.

We are very lucky to have such beautiful green spaces and walks in Hertfordshire.

Why not take a look at the [Hertfordshire rights of way network to find footpaths in your local vicinity](#) or [walk through your local park](#).

**Most importantly do check and continue to follow government guidelines:**

- [Government guidance on using green spaces and protecting yourself and others](#)
- [Countryside Code](#)
- [Government guidelines on social distancing](#)

## Creative Ideas for Better Health at Home

Are you trying to stay healthy at home? Check out these simple creative things you can try to give your wellbeing a boost. **#HertfordshireYearOfCulture2020**

# Creative ideas for better health



Pick up a paintbrush and do some painting

Visit a museum with a virtual tour



Put pen to paper and express yourself



Listen to your favourite music



Go for a stroll and take in your surroundings

Get the household together for movietime



Get lost in a good book



Dance like no one is watching (even if they are!)

**Hertfordshire**  
**2020**  
Year of Culture

**Sun Awareness Week:**  
**4-10 May 2020**



The weather may have cooled down this week but fingers crossed we will be blessed with some sunshine days again very soon.

Sun Awareness is the British Association of Dermatologists' annual campaign to raise awareness of skin cancer. The campaign runs from April to September annually and includes Sun Awareness Week in May.

#### **What damage can the sun cause?**

Over-exposure to the sun's rays can cause serious damage to your body, with two common types of cancers. One being non-melanoma, and melanoma, which is by far the most dangerous and deadly skin cancer. This simple reason is enough to look after your skin and stay in the shade and be safe in the sun.

#### **What can I do to stay safe?**

It's quite easy to be safe when outside, with the simplest and most important thing to do being putting on sun screen. Make sure you put on a hat, or cover your skin. It's the easy things like this that save your skin from harmful and painful damage caused by the sun when over-exposed. It is also extremely important to stay hydrated.

**For more sunscreen and sun safety, visit the [NHS website](#).**

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## Global Hand Hygiene Day: 5 May 2020

Each year the **SAVE LIVES: Clean Your Hands** campaign aims to progress the goal of maintaining a global profile on the importance of hand hygiene in health care and to 'bring people together' in support of hand hygiene improvement globally.



### **Clean your hands in the context of COVID-19**

Hand Hygiene is one of the most effective actions to reduce the spread of the COVID-19 virus. You can play a critical role in fighting COVID-19 by adopting frequent hand hygiene as part of yours and your families day-to-day practices. Read more on the WHO global hand hygiene campaign in the context of COVID-19 [here](#) including the correct hand washing technique.

Watch this video from the NHS which makes [the proper handwashing technique](#) more memorable for little hands.

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Food Allergy Awareness Week: 10-16 May 2020



[Food Allergy Awareness Week](#) is focused on raising awareness of food allergies. This year is no different. In fact, it's even more important given the extra challenges individuals are facing during the COVID-19 pandemic.

Each day, [FARE](#) (Food Allergy Research & Education) will deliver opportunities to learn more, get involved and share the food allergy experience - from personal perspectives, go-to allergen-friendly recipes and meal planning tips to deep dives into food allergy prevention, diagnosis, treatment and care.

[Register now](#) and join FARE on the 12th May at 1pm for their first ever virtual event 'Managing food allergies during COVID-19'.



National Vegetarian Week:  
11-17 May 2020

National Vegetarian Week runs from 11 - 17 May 2020 and is an annual event to educate people about the benefits of a meat-free diet.

Five benefits of going meat free for one week:

- **Improved weight loss:** People who don't eat meat – vegetarians – for the most part eat fewer calories and less fat.
- **Improves your mood:** There is an element of freshness to most vegetarian dishes, especially when it comes to featuring organic produce – this is bound to purify our minds and keep our thoughts positive.
- **Benefits the environment:** Meat production is a leading cause of climate change, water depletion, soil erosion and most other environmental problems, according to the United Nations, a global shift towards a vegan diet is vital to save the world from the worst effects of climate change.
- **Saves you money:** Substituting a meat protein for vegetables high in protein such as Quinoa, Buckwheat, Soybean and foods such as Hummus, will save you in the

pocket and around the waist.

- **It's good for the heart:** Non-meat eaters show a lower risk of heart disease than their meat-eating counterparts. Vegetarian diets are naturally low in saturated fats, and cholesterol, and have been shown to reduce heart disease risk. Data also shows that vegetarians suffer less disease caused by a modern Western diet.

During National Vegetarian Week people are encouraged to try going meat-free for a week. For some tasty and easy vegetarian recipes, visit [BBC Good Food website](#).

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## SLL Workout Ideas

Stuck for some ideas for workouts? Check out the image below, spell out your full name and there is your exercise session. Repeat as many times as you like.

There are some weekly workouts on the MyWellness app providing daily home workouts for you to get involved with from the comfort of your living room! To access simply download the app by searching **SLL Lifestyles** in the App Store or Google Play and click the **Mywellness tile**.



## SPELL YOUR FULL NAME

<b>A</b> 50 jumping jacks	<b>J</b> 20 burpees	<b>S</b> 30 Sec plank
<b>B</b> 20 sec arm circles	<b>K</b> 10 press ups	<b>T</b> 20 squats
<b>C</b> 10 burpees	<b>L</b> 2 min wall sit	<b>U</b> 30 sec arm circles
<b>D</b> 30 squats	<b>M</b> 35 crunches	<b>V</b> 3 min wall sit
<b>E</b> 1 min wall sit	<b>N</b> 20 burpees	<b>W</b> 60 jumping jacks
<b>F</b> 10 burpees	<b>O</b> 20 squats	<b>X</b> 15 squats
<b>G</b> 15 press ups	<b>P</b> 45 jumping jacks	<b>Y</b> 20 press ups
<b>H</b> 15 crunches	<b>Q</b> 15 press ups	<b>Z</b> 10 crunches
<b>I</b> 20 squats	<b>R</b> 25 burpees	...That's your workout!

NORTH HERTS  
LEISURE CENTRE

 **HOME  
WORKOUTS**

### 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](https://www.facebook.com/HealthyHubNorthHerts)

**Instagram:** [HealthyHubNorthHerts](https://www.instagram.com/HealthyHubNorthHerts)

**Twitter:** [HealthyHubNorthHerts](https://twitter.com/HealthyHubNorthHerts)



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