



01 October 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 Stoptober and Workplace Wellbeing Week. We update you on our Healthy Hub support service and present more of our favourite health and wellbeing tips and advice.

The Healthy hub are here to support you post lockdown!

We are the North Herts Healthy Hub, a free health and wellbeing support service for residents of North Herts. We work with a range of professionals who can help you get the right support for your needs. Whether you're feeling lonely and isolated, struggling with your mental health or looking for some advice on staying healthy & well, we're here to support you.

[Click here](#) to view our new Healthy Hub North Herts introduction video!



01462 474111

**Call our
Healthy Hub
Team for
advice and
support!**



To sign up for some free health & wellbeing support today [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](#) to find out more.

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

Keeping Active



Try this new full body workout from Joe Wicks - The Body Coach.

Work your lower body, upper body, abs and cardio in just 20 minutes. No equipment needed. Work for 35 seconds, rest for 25 seconds. You can give it a go at home, in the garden or even in the gym, just follow along and push as hard as you can!

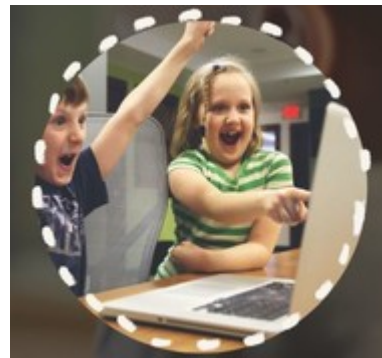
[Click here](#) to get started...

Eating Well

Don't miss out on your family's free place on [BeeZee Bodies](#) 12 week virtual group programme starting in October.

[BeeZee Live](#) brings tried and tested programmes directly into your home so you and your family can learn about healthy lifestyles safely and from the comfort of your sofa! The weekly live and interactive webinars cover a variety of topics including portion sizes, snacking, drinks, keeping active & more! Plus, you get tailored 1-1 support and links to other local people on BeeZee Live.

Find out more and [sign up here](#) (eligibility criteria applies).



Stoptober: the 28-day stop smoking challenge



Did you know that if you can quit smoking for 28 days you are five times more likely to quit for good? Stopping smoking is one of the best things you'll ever do for your health. When you stop, you give your lungs the chance to repair and you'll be able to breathe easier. There are lots of other benefits too - and they start almost immediately.

It's never too late to quit, so join the thousands quitting this October. Download the free NHS Stoptober app [here](#) to help you quit smoking and start breathing easier. The app allows you to:

- track your progress
- see how much you're saving
- get daily support

Or visit the NHS Better Health Quit Smoking page [here](#) for further information & advice to help you quit including a free personal quit plan, quitting tips, daily email support, help finding your online community and more.

Want to talk to someone? Call the free National Smokefree Helpline on 0300 123 1044.



Go Sober for October

#SoberOctober encourages people to go booze-free in October to raise money for [Macmillan Cancer Support](#). By going Sober this October, you'll be raising vital funds for Macmillan, so they can continue providing much-needed physical, financial and emotional support to the millions of people living with cancer, at a time when they need it most.

No matter how long you choose to go sober for, by signing up to the challenge, you'll be doing something amazing for people with cancer.

Benefits of going sober:

- Raise money to help people with cancer
- A clearer head
- More energy
- Sleeping better
- Weight loss
- A sense of achievement

How sober will you go? [Click here](#) to sign up today or visit www.gosober.org.uk for more information.



Breast Cancer Awareness Month

2020 has been a powerful reminder that we are all in this together and our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to breast cancer.

Breast cancer it's a scary thought and all too many women assume that it won't happen to them. Fact is, every ten minutes a woman is diagnosed with breast cancer in the UK. So, don't be ignorant, during breast cancer awareness month 2020 go for a medical check-up, it might save your life.

Early signs of breast cancer can be a lump in a breast, a painful breast or armpit, or a discharge from the nipple. If any of these symptoms do present themselves there's no need to panic. A lot of the time, pain or a lump in a breast can be perfectly harmless. The

pain can be a sign of a cyst or the lump can be benign. It's always better to be sure though. If you are worried, please get in touch with your Doctor to discuss the next steps.

25 Saves Lives Campaign

Over 25% of breast cancer cases are preventable, and keeping fit can help reduce your risk of getting it by around 20%. So, join in a month of fundraising through fitness this October as part of Breast Cancer Awareness Month 2020. You can take on the 25 Challenge, sign up for one-a-day Pilates classes or take part in an online fitness festival. How are you going to get involved?

For more information on Breast Cancer Awareness Month, plus how you can get involved in '25 Saves Lives' visit the [Breast Cancer UK website here!](#)



National Cholesterol Month

We all need some cholesterol in our bodies just to keep us ticking over, but having too much can clog up your arteries and lead to health problems in the future. By getting a simple cholesterol test and making positive lifestyle changes, most people can keep their cholesterol levels healthy. So, this National Cholesterol Month let's 'Talk About Cholesterol'.

If you are looking for a challenge this October, why not take on the 'Great Cholesterol Challenge'. Being active is a major part of looking after your cholesterol levels, keeping your heart healthy and helping to prevent heart disease. Walk, cycle, run or swim 100 miles in October and get sponsored to help raise vital funds for [HEART UK](#).

Visit the [Heart UK website](#) for more information on Cholesterol and how you can join the challenge!



World Mental Health Day 2020 is the most important one yet. The months of lockdown and loss have had a huge impact on us all, and prioritising mental health has never been more important than it is now.

Making positive change can seem hard, especially during these uncertain times, and sometimes it can be hard to know where to start. Take the opportunity this World Mental Health Day to find out more about how you can start with **one thing**.

Whether it's going for a walk, learning a new skill or doing something creative, taking the first steps to getting support for yourself, or reaching out to someone else; take the opportunity to **do one thing** this World Mental Health Day.

To learn more and get started visit mind.org.uk/DoOneThing. Here you'll also find further mental health support, information and advice.

National Work Life Wellbeing Week: 12-16

National Work Life Wellbeing Week is an opportunity for both employers and employees to focus on wellbeing at work and their work life balance. It is important that employees have a good work-life balance. Not only does it improve their mental health, but it also benefits the company. Employees with a good work-life balance are more efficient, productive and motivated.



For more information on how to find a healthy work life balance and to protect your mental health against the potential detrimental effects of work related stress, please visit the [Mental Health Foundation webpage here](#).

Pedal for Pounds: Sunday 18 October 2020

Join The Letchworth Garden House Hospice on Sunday 18th October for a community cycle ride through the stunning countryside of North Hertfordshire, as they pedal to the metal for palliative care.

Starting and finishing at Letchworth Hall Hotel, this event is open to riders of all abilities, with a choice of 30 and 50 miles routes available.

A **community bike ride**
where every mile makes
a difference



**Pedal for
POUNDS**



Sunday 18th October 2020

30 & 50 mile routes

**Letchworth Hall Hotel,
Letchworth Garden City, SG6 3NP**

01462 679540
www.ghospicecare.org.uk

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FUNDRAISING
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garden_house_hospice_care
Registered Charity 295257

To register [click here](#) or for more information visit [The Garden House Hospice webpage](#), email Richard.Harbon@ghospicecare.org.uk or call **01462 679540 (option 3)**.

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](#)

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