



17 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 an update from Age UK Herts and reminder of the the Stoptober campaign! We update you on our Healthy Hub support service and present more of our favourite health and wellbeing tips and advice - with a special Halloween theme!

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 [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



Halloween is all about having a frightfully good time, but if too many fun packs leave you fearing for your waistline, turn to this total body Halloween-themed workout to erase the damage. All you need is a pumpkin! Start by warming up with 5-7 minutes of moderate cardio e.g. jogging, and then complete the circuit 3 times, giving yourself a couple of minutes rest in-between. [Click here](#) to give it a go!

Eating Well

Celebrate Halloween in style with these spooktacular healthy Halloween themed recipes from [BBC Good Food](#).

Serve a range of Halloween inspired healthy foods from stuffed peppers to homemade pizzas, pumpkin pancakes to warming soups. [Click here](#) to try these terrifyingly tasty recipes this Halloween!

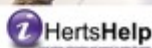


Herts Help



Are you self-isolating and in need of a bit of extra help with shopping or collecting medicine?

If you or someone you know needs help, please contact Herts Help on 0300 123 4044, email info@hertshelp.net or visit the [Herts Help webpage here](#). They will be available from 8am – 8pm, Monday - Friday and 10am - 6pm, Saturday and Sunday.



NESSie



Supporting Positive Mental Health in Schools

[NESSie](#) supports the positive mental health and emotional well-being of children and young people in educational and community settings across Hertfordshire.

They provide wrap around service delivery to ensure children and young people are accessing the right level of support to meet individual needs, as well as providing support and training for parents and professionals.

Please see the table below for information on upcoming free workshops designed for parents/carers of children aged 4–15 years old awaiting assessment or displaying traits of ASD and/or ADHD.

Workshop	ASD/ADHD	Date & Time	Delivery
Girls and Women	ASD	19 October, 1:00pm-2.30pm	Online via zoom
Siblings of children with additional needs	Both	9 November, 1:00pm-2.30pm	Online via zoom
Beginning of the journey (language and understanding the SEN world)	Both	16 November, 1:00pm-2.30pm	Online via zoom
Relationships and Sexuality	Both	23 November, 1:00pm-2.30pm	Online via zoom

[Girls and Women](#) ASD

7 December, 1:00pm-
2.30pm Online via zoom

To book a place on any of these workshops, please visit nessiein.com/events. You can also download the above information as a PDF by clicking [here](#).

Age UK Volunteers helping older people to stay connected during Covid-19

Age UK Hertfordshire are working hard to support their clients during Covid-19. Through the help of grant funding, the charity have been able to buy tech for clients, such as tablets, and to recruit a team of IT volunteers who are providing safe, socially distanced training. Mark Hanna, Director of Operations, says "We swiftly changed our services so that we could support those who need us and help our clients to stay connected with us, their families and their friends." The clients are really enjoying learning their new skills. Margaret a client who has recently come out of hospital says "It really is very, very good, marvellous, I have been practising on it".

Will you join them? Every day, the volunteers at Age UK give their time and effort to make an incredible difference to older peoples lives, especially during these tough times. To find out more please contact Volunteering@ageukherts.org.uk or visit the [Age UK webpage here](#).



Stoptober: the 28-day stop smoking challenge

Thinking of quitting smoking? There's not a better time than **#Stoptober**! Visit the [Hertfordshire Stop Smoking webpage here](#) for free support and some helpful tips.



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

Hertfordshire Care Providers Association (HCPA) - Falls Prevention

[HCPA's StopFalls Service](#) aims to see all adults, social care providers, families and relatives benefit from their service which continues to reduce falls throughout Hertfordshire. Although they can't provide their face-to-face service at the moment, they do have some virtual events lined up:

Information session on falls prevention for families:



Join the expert StopFalls team from HCPA on all things falls prevention. Learn how to assess somebody's falls risk, prevent falls and take action for those you love and care for. This session is ideal for families & friends who support a loved one or know a person receiving care. [Sign up here!](#)

Live Chair Based Exercise Event:

Join HCPA for their live chair based exercise event over Zoom! The event will be a great way to get moving and exercising together again. [Click here](#) to learn more and to reserve your spot!



For more information or to receive paper-based exercises or a brochure, please email stopfalls@hpca.info

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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