

Healthy hub

Broxbourne



Free information, advice and support to help you stay healthy and well

January 2023

Let's make January a Dry One[®]

Alcohol Change UK is challenging everyone to go 31 days without alcohol.

The benefits:

- Sleep better
- Increase your energy
- Improve your mental health and concentration
- Develop glowing skin
- Ease the pinch on your wallet with money saved
- Enjoy a great sense of achievement.

Start your new year the right way and give your body and mind a break. Download the free TryDry[®] app for support. Opt for an alcohol-free drink this month, or enjoy a mocktail. See: [Mocktail recipes](#) | [BBC Good Food](#) for ideas.

For advice and support available in Hertfordshire visit www.hertfordshire.gov.uk/alcohol.

DRY JANUARY[®]
by Alcohol Change UK

DRY JANUARY.[®] ARE YOU IN?

Get the free Try Dry[®] app to stay on track

DRY JANUARY[®]
by Alcohol Change UK

Registered Charity no. 1140287



Get busy this New Year with Beezee Bodies

Beezee Families is back, with a new 12-week programme starting on 18 January in Hoddesdon and Waltham Cross. The award-winning Beezee Families works closely with families, providing healthy eating and exercise tips in an engaging and practical way. Beezee Families aims to empower families with the information and support needed to make positive and informed decisions about their own health.

Beezee has improved many children's lives, with those who attended the summer 2022 programme demonstrating improved nutritional behaviours, increased physical activity and reduced weight.

There are two locations, with courses running from 5.30 to 7.30pm every Wednesday, starting on 18 January:

Hoddesdon - St Cuthbert's Church Hall, Whitley Road, EN11 0PU

Waltham Cross - Hurst Drive Primary School, EN8 8DU

To secure a free place on the programme either scan this QR code:



or sign up at www.beezeebodies.com/families or phone 01707 248648.

Henry is here for you and the little ones

Beezee will soon be running the free Henry programme to help parents and guardians give little ones aged 0-5 years a healthy start.

Beezee will offer:

- A safe environment to discuss nutrition, emotional wellbeing, parenting skills and getting active
- A free creche for all attendees at each session.



The programme will take place every Monday at Greenfield Nursery, Hurst Drive, Waltham Cross from 1-3pm, starting on 23 January. The programme will run for 8 weeks with a break for the February half term.

If you are unable to attend the in-person session, there is an online alternative on Wednesdays from 5.30 - 6.30pm.

For more information or to register while there are still spaces, contact Beezee on 01707 248648 or by emailing info@beezeebodies.co.uk.

13-17 years old, interested in your health?

B-You(th) may be just the ticket.

B-You(th) is run by the award-winning Beezee Bodies specially for young people. **Be You(th)** discusses the health and well-being topics that are relevant for 13-17-year-olds, as chosen by our young members.

B-You(th) offers:

- 1:1 support to help you achieve your goals
- 10-week programme
- Sessions run in a friendly and relaxed environment
- Personalised action plan to work on
- Weekly sessions including fun and engaging ways to learn about health and wellbeing
- Learn how to support yourself and others with health and wellbeing
- Unique opportunities to get involved with local events and projects, including planning and taking part in a local music festival!

Come along! Sessions will be held from 5.30 - 6.30pm every Wednesday at Wormley Community Centre, Fairfield Drive, Wormley, starting on 25 January.

If you can't make it, don't worry – you can join in online too.

To sign up or find out more about the sessions online and in person go to [Health, Wellbeing Support for Teens](#) • [BeeZee Bodies](#) or phone 01707 248648.

Drop into your local Healthy Hub

A Happy New Year from your local Healthy Hub! Healthy Hub Broxbourne is a free one-stop shop for all health and wellbeing information, advice and support. Whether your new year resolution is to quit smoking, get money advice or simply acquire a new social activity, the Healthy Hub can help you every step of the way.

What are you waiting for?

Pop into the Community Skills Hub, 59 Pavilions Shopping Centre, High Street, Waltham Cross, open from Monday to Friday from 9.30am to 5pm, or phone 0300 123 1034.

Healthy
hubs
Hertfordshire



Let's get together for mental health

Togetherall is a free, online 24/7 peer-to-peer platform available to the residents of Broxbourne. Togetherall has a community full of people from all walks of life, coming together to give and receive the mental health support they need.

Togetherall provides short courses based on tried-and-tested good practice, to learn about:

- Positive thinking
- Problem solving
- Managing anxiety and depression
- Smoking cessation

and many other topics, something for everyone.



Any Hertfordshire resident aged 16+ can join the Togetherall community today for free;

1. Visit: <https://togetherall.com/en-gb/>. Click 'Register Button' then 'My Area is Registered'.
2. Create a username.
3. Complete a few basic questions.
4. Verify your account by clicking on the button within an email sent by Togetherall to activate your account, and then you are good to go!

New Year, new goals, new recipes

If your New Year resolution is to eat healthily but you don't know what to cook, then look no further.

Diabetes UK has created a range of recipes suitable for everyone that have all been reviewed and approved by a specialist team of dietitians. The dishes include specialist diets, Asian cuisine and baked recipes and are available here: [Recipe finder - Enjoy Food | Diabetes UK](#).

It is tempting at this time of year to take on a very restricted diet. However, unless you have been medically advised to do this, it is more effective to eat healthy food, but still enough to enjoy your meals.

Good luck with your goals, and enjoy these new recipes!



Worried about the winter?

Here For You is a service that provides support and advice for residents in Hertfordshire to stay safe and well. Keep yourself, your loved ones and your community safe and well this winter with these handy tips.

If you need support or advice to stay safe and well, contact HertsHelp on 0300 123 4044.

Visit: www.hertfordshire.gov.uk/hereforyou.

Keep yourself, your loved ones and your community safe and well this winter

Stay well

Winter bugs spread easily. Wash your hands thoroughly, catch coughs and sneezes in a tissue and throw it away and keep away from others when feeling unwell.

Look out for others

Keep in touch with friends, family and neighbours, especially those who live alone or who may be vulnerable. If you're worried about someone, contact HertsHelp.

Prepare for bad weather

Stock up on home remedies and long-life food in case you can't get out for a few days. If you do go out, wear good-grip shoes and grit paths with a salt/sand mixture.

Stay warm

Heat your home to 18C. Draw curtains, keep windows and doors closed, move around regularly, wear several thin layers and have plenty of hot food/drinks to keep warm.

Get support if you need it

This can be a difficult time of year and there may be days when you feel anxious, overwhelmed, depressed or you just want someone to listen. Support is available.

Prepare for emergencies

Have torches and spare batteries handy in case of power cuts and keep your mobile phone fully charged. Keep a list of useful contacts in or by your phone.

- If you need support and advice to stay safe and well, contact HertsHelp. www.hertshelp.net or call 0300 123 4044
- If you are worried about your mental health, support is available: www.hertfordshire.gov.uk/mentalhealth 0800 6444 101 (24/7 freephone)

www.hertfordshire.gov.uk/hereforyou



Pregnant? Join this new prenatal fitness programme

Couch to Fitness has created a fitness programme specially for pregnant people and endorsed by the Active Pregnancy Foundation. The brand new 6-week online programme will support pregnant individuals to be active throughout their pregnancy.

Sessions are three times a week and last 28 minutes, with no equipment required. The online videos are not live, so you can exercise at a time that suits you. More details about the programme can be found here: [Prenatal | Couch to Fitness](#).

Couch to Fitness also offers a range of other activity programmes which are all completely free! Explore their website to find out more: [Programmes | Couch to Fitness](#).



Make an impact in 2023. Become a Local Health Champion

Here is a New Year's resolution that will tick a lot of boxes. If you work in Broxbourne and want your workplace to make healthier choices, tell your employer about Hertfordshire County Council's free healthy workplace programme.

Kickstart 2023 by volunteering to be a Health Champion and lead the way at your workplace. You will be provided with all the support and training you need – for free!

Find out more at www.hertshealthyworkplace.org.uk

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Keep up with the latest health news

Don't miss out on the latest health and wellbeing news in Broxbourne. Join Health in Herts today.

Get instant updates, advice and support to help you and your family improve your lifestyle and live healthier, happier lives.

Follow: [Health in Herts](#) on Facebook or sign up to the [Update me | Hertfordshire County Council](#) newsletter to receive health and wellbeing news straight to your inbox.

Group A Strep (GAS)

Parents should trust their judgement when their child is poorly. Speak to your GP or call 111 if your child is poorly and getting worse.

Always call 999 or go to A&E if your child:

- ▶ Is having difficulty breathing - such as grunting noises or their tummy sucking under their ribs
- ▶ there are pauses when your child breathes
- ▶ child's skin, tongue or lips are blue
- ▶ is floppy and will not wake up or stay awake.

Protect your loved ones against winter illnesses

Make sure this winter you and your family are protected from COVID-19, flu and other illnesses by either booking a jab online at nhs.uk or calling 119. If you are interested in getting COVID-19 and flu jabs, these are still available.

To find out how to get a COVID vaccination, go to: [COVID-19 vaccinations near you](#)

For more information on everything you need to know about Group A streptococcus (GAS) and scarlet fever, such as symptoms, who to contact if you believe you have this illness or how to prevent the spread of GAS bacteria, call 119.

Have a healthier, happier New Year

Quit smoking

Get free 1:1 or group support - it increases your chance of success.

Call: 0800 389 3998
Text: SMOKEFREE to 80818
hertfordshire.gov.uk/stopsmoking

Try Dry January

Get advice and support to help you cut down on your drinking.

hertfordshire.gov.uk/alcohol

Reach a healthy weight

Free support to help you improve your lifestyle, including a free weight management programme*

hertfordshire.gov.uk/healthyweight

(*eligibility criteria apply)

Reach out

If you feel anxious, overwhelmed, depressed or you want someone to listen, support is available.

Call: 0800 6444 101 (24/7 freephone)
hertfordshire.gov.uk/mentalhealth

Step up your activity

Get inspiration for ways to be more active. Even 10 minutes of activity benefits your health, it soon adds up.

hertfordshire.gov.uk/keepactive

Manage your health

Find local support and advice to help with a range of long-term health conditions.

hertfordshire.gov.uk/healthinherts