

Enjoy the sun: protect your skin

The skin is the largest organ on your body; it retains fluids to prevent dehydration and keeps germs out. Follow these tips to protect your skin from the sun and detect any potential problems.

Tip 1: No matter what our skin colour is we all need to keep our skin safe. The NHS advises:

- Stay in the shade from 11am to 3pm
- Use at least Factor 30 sunscreen and apply it every two hours
- Cover up with suitable clothing and sunglasses
- Avoid burning

Tip 2: Check your whole body at least once a month, including the areas that are not usually exposed to the sun. If you can, get help to check your back. If you spot any of these on your body:

- Moles that have an uneven shape or edges, or have a mix of colours; or are changing in appearance
- A dark spot or growth on your skin, a darker inflamed patch. or dark lines on darker skin tones

contact your GP immediately to get it examined to rule out melanoma, a serious form of skin cancer.



New guide to mental health support in Hertfordshire

An online directory of mental health services in Hertfordshire is now available, helping you get the support you need.

Whether you are looking for self-help resources to boost your mental health, need a listening ear or emotional support, or you are in crisis and need urgent help, you can find a service to support you.

View the guide at: www.hertfordshire.gov.uk/mentalhealth.




Want to learn more about respiratory support services?

Communities 1st invites you to a Health and Respiratory Awareness event on Wednesday 14 June (1-4pm) at Aberford Community Centre in Borehamwood. The theme is respiratory education and awareness delivered in a fun way!

There will be several stall holders including Asthma + Lung UK, and Hertfordshire County Council Public Health.


This event is free and there is no need to book, however please do register to help ensure there will be enough refreshments on the day.

Book your place at: <https://buff.ly/3l3i8oy>.




Health and Respiratory Awareness Event

Come along for complimentary coffee and cake, and a chat with local health professionals to find out more about health and respiratory services and support available.



Date: Wednesday 14th June, 1-4pm
Venue: Aberford Community Centre, Borehamwood, WD6 1PL

To book your FREE place, please
Visit: www.communities1st.org.uk/healthmatters
Email: community.help@communities1st.org.uk
or Call: 01727 649900



How are you feeling today?

Advice and support for your mental wellbeing



Healthier Catering in Herts

Hertfordshire County Council are designing a Healthier Catering Scheme in collaboration with Hertfordshire food businesses. The scheme aims to improve the availability of healthy and sustainable food in your local community.

To make this project a success, we are seeking the perspectives of Hertfordshire residents to help us shape the scheme and ensure it's right for the people and businesses in your area.

Please scan the QR code to complete a short survey in relation to your local food environment and the healthier catering scheme.



All Hertfordshire residents are welcome to contact us for further information or to provide us with their thoughts via the survey or through the contact details below:

HealthierCatering@hertfordshire.gov.uk

Telephone: 01992 556220



Creating a cleaner, greener, healthier Hertfordshire



Herts Five PCN

Potters Bar PCN

Hertfordshire and West Essex
Integrated Care Board



Does your drinking add up?

Many of us enjoy drinking with family or friends, at the pub or at home. However, it is important to be mindful about how much we are drinking as too much can be harmful to health.

The NHS recommends that to avoid harm to health, both men and women avoid exceeding a limit of 14 units in a week. That is equivalent to six pints of medium-strength beer or 10 small glasses of wine. It is also important not to drink too much alcohol in one go; if you are drinking as much as 14 units, it should be spread out over at least three days.

Keeping note of how much you are drinking can help you stay healthy while still enjoying yourself. To find out how to calculate your units and gain some tips on healthy ways to reduce your drinking visit: [Home - Does your drinking add up?](#)

**DOES YOUR
DRINKING ADD UP?**



Healthy steps for the whole family

Healthy Steps is an 8-week email programme to help you make healthier choices for the whole family.

It will help you eat better and move more, with affordable, easy and practical ideas, budget-friendly recipes, family challenges and more.

Sign up online here: [Healthy Steps - Step this way. \(betterhealth-healthierfamilies.co.uk\)](#). You will be asked to complete a quiz about your family's current eating and physical activity habits, then you'll receive weekly emails tailored to your needs – whether that's reducing sugar, eating 5 a day or meal planning.



DIABETES WEEK

12–18 June 2023

Diabetes: know the risks!

Diabetes Awareness Week begins on 12 June. Diabetes UK estimates there are 4.3 million people in the UK who have been diagnosed with diabetes, but 85,000 people who have diabetes without knowing it.

Diabetes is a serious condition. If the disease is not well managed, it can lead to kidney disease, sight loss, heart attacks and strokes, for example.

90% of people who have diabetes have Type 2 diabetes. Most people can avoid developing Type 2 diabetes by managing their lifestyle and diet, in particular having a healthy weight and a healthy waist size.

Know the symptoms of diabetes and, if you recognise them in any of your friends or family, please encourage them to get a doctor's check-up. The earlier diabetes is diagnosed, the better the chances of managing the disease before it causes serious health complications.

For Type 2 diabetes, look in particular for some of these symptoms:

- Thirst
- Unusual tiredness
- Urinating often, particularly at night
- Cuts and wounds taking longer to heal
- Blurred eyesight

To find out more about diabetes and get support if you suspect you or a loved one has the condition visit [Diabetes UK - Know diabetes. Fight diabetes.](#) | [Diabetes UK.](#)

Do you work in or own a small or medium sized business in the private or voluntary sector in Hertfordshire?

Want healthier changes, but don't know where to start?

Hertfordshire County Council's free healthy workplace programme now supports almost 1,500 employees and has trained over 50 Health Champions to address any health concerns in their workplace. Sign up to get health advice, support and training for a healthy workforce.

Learn more at a free lunchtime webinar on 13 June, 11am – 11:30am or 21 June, 2pm – 2:30pm. Your workplace can sign up by emailing workplace.health@hertfordshire.gov.uk.

Find out more at:
www.hertshealthyworkplace.org.uk.



Sign up to Hertfordshire's FREE healthy workplace programme

#HatsOffToYou

Whether you want to quit smoking, get more exercise or simply try a new activity to get out and about more, there are Healthy Hubs across Hertfordshire to help you.

Broxbourne Healthy Hub is based in the Community Skills Hub on Waltham Cross High Street, near the entrance to the Pavilions Shopping Centre. Drop in at any time from 9.30am to 5pm Mondays to Fridays. You can also make an enquiry here: [Healthy Hubs enquiry form](#) or telephone 0300 123 1034.

Follow [Health in Herts \(facebook.com\)](#) today for the latest health and wellbeing news.



Menopause and perimenopause survey

Are you experiencing, or have you experienced perimenopause or menopause symptoms?

Healthwatch Hertfordshire is running a survey to find out more about your experiences.

The findings will help Primary Care services understand how health services can support you better and make sure that you get the help you need. To take part, go to: [Menopause and Perimenopause Survey](#).