



Be aware of the signs of abuse

Domestic Violence happens at such an alarming rate that it is referred to as a silent pandemic. There are many forms of domestic abuse. These are...

- Physical
- Emotional
- Financial
- Sexual
- Psychological
- Digital
- Coercive Control.

Domestic abuse does not have an ideal victim or relationship type. Research suggests that more than 114,000 women and 78,000 men in Hertfordshire will experience domestic abuse in their lifetime.

A new community outreach service has launched to help deal with this crisis. The service aims to strengthen the existing network of support for domestic abuse survivors.

For more advice, signposting or if you just need someone to talk to, call the **Hertfordshire Domestic Abuse Helpline free on 0808 808 8088** (9am-9pm Mon-Fri, 9am-4pm Sat and Sun) or send a confidential email to Kim@mailpurple.org. Find out more at: www.hertsdomesticabusehelpline.org.

Wrap up your troubles this winter

The upcoming holidays may not be the season to be joyful for all of us. Many of us will be worrying about families, health, jobs and finances.

If you're worrying about these issues, Hertfordshire County Council has developed a directory of services available in the community, to make it easier for you to get the support you need.

Here are some of the organisations providing free help...

- Citizens Advice
- Herts Mind Network
- the Alzheimer's Society
- Samaritans
- Carers in Herts
- Domestic Abuse helpline.

How are you feeling today?

Advice and support for your mental wellbeing



Go to: www.hertfordshire.gov.uk/mentalhealth, answer a few quick questions and you'll be pointed in the right direction.

Turn over a new leaf with Health in Herts

Don't wait till the New Year to make a start with your health and wellbeing goals. Stay in touch with local advice and tips from Health in Herts.

Health in Herts covers topics such as:

- Healthy Eating
- Physical Exercise
- Learning a new skill
- Finding a job or volunteering
- Reconnecting with people
- Quitting smoking
- Reducing drinking
- Getting finances in order.

To get that head start on your New Year's goals simply follow [@HealthInHerts Facebook page](#) for the latest health and wellbeing updates from across your county, and find something that works for you.



Does winter give you the blues?

For some people, pumpkin spice lattes and the leaves changing colour is not enough to ward off Seasonal Affective Disorder (SAD). This is depression which is triggered by a change in season.

The symptoms may include a persistent low mood, irritability, feeling sleepy during the day and sleeping longer overnight, a loss of pleasure in normal everyday activities, difficulty concentrating and craving carbohydrates.

If you relate to this, here are some ideas you can try at home to help improve your symptoms.

If you are struggling to cope, please go to your GP. There are many treatments available for SAD. Find out more here at www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad.

Seasonal affective disorder (SAD)



Things you can try yourself

- 1 Try to get as much natural sunlight as possible
- 2 Sit near windows when you're indoors
- 3 Take plenty of regular exercise, particularly outdoors and in daylight
- 4 Eat a healthy, balanced diet
- 5 Make your work and home environments as light and airy as possible
- 6 

It can also be helpful to **talk to your family, friends and colleagues about SAD**, so they understand your stresses and how your mood changes during the winter.

Cancer: know what is normal for you

Get to know your body and be aware of any new or concerning changes.

If something in your body doesn't feel right, and you're worried it could be cancer, don't hesitate, contact your GP.

For reliable information on symptoms, visit nhs.uk/cancersymptoms.



Know what is normal for you

Get to know what is normal for you so that you can spot any new or concerning changes.



Keep flu at bay

It's that time of year again, when you or a member of your family may be entitled to a free flu vaccine or a free flu nasal spray for the little ones.

- If your child is at school, look out for the flu vaccine consent form and sign this, so that your child is ready when the vaccination team visits.
- For younger children aged 2 and 3 years, please contact your GP practice to make an appointment for their flu vaccine.

If you are over 65, have an underlying health condition, are a carer or are eligible for another reason, to find out more about seasonal vaccinations and book your flu jab visit: www.nhs.uk/seasonalvaccinations.



Get protected:
flu vaccine

“ All my children will have their free flu nasal spray this year – it's peace of mind for our family and for those they come into contact with who are at risk of serious illness from flu.

Rachel Wiles, Hertford



Grab a book and join winter reads

If you're tired of Netflix and social media and are looking for a treat to brighten your evenings, join Hertfordshire Libraries reading challenge for all ages.

Winter Reads launched on Saturday 4 November 2023 and will finish on Saturday 24 February 2024.

The challenges have been chosen.

The events have been planned.

Prizes are waiting to be won.

Visit your local library to collect your free challenge card. Get more information at www.hertfordshire.gov.uk/WinterReads.



I connect people to practical, emotional, and social support in the community to improve their **health and wellbeing**.

Gay
Social Prescriber

Your health matters
Help us help you

Who works at your local GP surgery?

Did you know 36% of people in England are not confident that they can identify all the health professionals working in a doctor's surgery? This includes clinical pharmacists, nurses and even paramedics.

To highlight these less known roles, the NHS has released a film which goes behind the scenes to speak to these professionals, who explain the work they do.

To view the film, visit www.youtube.com/watch?v=eZF1pzPRmGU.

If it is no longer fun, stop spending the funds

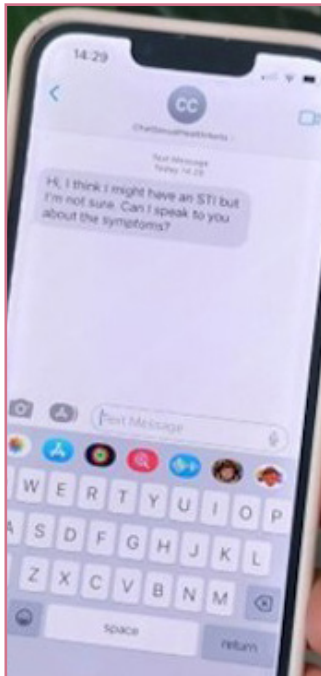
Gambling's purpose is to entertain and players know they may win or lose. However, if you've spotted the following signs;

- Gambling to win back money you've lost or thinking that a "big win" is right around the corner;
- Feeling a sense of emptiness or loss when you're not gambling;
- Increased debt, unpaid bills, or other financial troubles;
- Gambling to escape personal problems or to relieve feelings of anxiety, depression, anger, or loneliness.

Then it's time to get help!

NHS East of England Gambling Service is here for you. This service offers an initial assessment, therapy and tools to help stop gambling, as well as support sessions for family members.

If you notice problems or habits that have come as a result of gambling or know of someone who is affected as a result of someone else gambling, you can [complete a form online to self-refer](#). Alternatively, you can be referred by a medical professional www.eofegamblingservice.nhs.uk.



Stay in the know about sex by just sending a text

Calling all teenagers and young adults under the age of 21. As a Broxbourne resident, you can now receive confidential advice about a range of sexual health issues through a new text message advice line by the Sexual Health Hertfordshire service.

#ChatSexualHealthHerts allows users to get confidential advice quickly and easily about sexual health issues.

To access 24/7 support and advice around sexual health testing, treatment and contraception, text Chat to Pat, the Chatbot on 07312 263535, and receive an answer within a few minutes.

Between 1pm-4.30pm on Tuesdays and Thursdays, your text will be answered by an NHS sexual health advisor. You will receive a reply within 24 hours.

Find out more at www.sexualhealthhertfordshire.clch.nhs.uk/under-21s.

Togetherall is here to stay!

togetherall

Togetherall is an online community that is filled with people from all walks of life and experiences, coming together to get (or give) the mental health support they need.

Hertfordshire County Council has re-commissioned Togetherall to provide free mental health support to residents, after a successful pilot across the County.

Join Togetherall to get support from others who have faced the same problems. Someone somewhere will understand how you're feeling and they'd love to hear your story.

To join the Togetherall community today for FREE please visit <https://togetherall.com/en-gb/join/hertfordshire/>.

For additional support services available in Broxbourne visit www.hertfordshire.gov.uk/mentalhealth.

**FREE,
ANONYMOUS,
AVAILABLE
24/7, 365.**

Give your mental wellbeing a boost with Togetherall.

togetherall.com