

Healthy hub

Broxbourne



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

July 2023

Enjoy a carefree

SUMMER

It's the summer time when the BBQs are brought out and the drinks are flowing. In good times, many of us may forget how much alcohol we have enjoyed.

During Alcohol Awareness Week, learn about safer, responsible drinking. Make sure alcohol doesn't cost you your relationships, career and health.

If you would like to know if you are drinking safely, then take part in a quick quiz - [Check your drinking | Alcohol Change UK](#).

If your score is moderate risk or higher, check out some of the tips to reduce your drinking and understand how alcohol can hurt you at [Alcohol Change UK](#).

Call **0800 652 3159** to talk about your concerns; you could receive 6 free supportive sessions to reduce your drinking.



Top tips



to help you drink less and improve your health

ALCOHOL
CHANGE
UK



Have a few alcohol-free days each week



Choose a smaller glass size and a lower ABV



Try alcohol-free alternatives



Keep track of your drinking

alcoholchange.org.uk

#AlcoholAwarenessWeek

Barbecue with no upsets

Summer is not complete without a barbecue with family and friends. However, according to the Food Standards Agency, cases of food poisoning drastically increase in the summer.

To avoid serving your guests a veggie kebab or cheeseburger with tummy-upsetting bacteria take a look at our recommended tips on the following page.



BBQ TIPS



Tip 1. Clean your grill, utensils and hands

This is essential to ensure that there is no spreading of germs and bacteria from your hands, equipment or surfaces. Scrub your grill before usage, wash your hands after handling raw meat and wash utensils.

Tip 2. Separate your utensils and cutting boards

Assign separate utensils and boards for vegetables, raw and cooked meat to prevent cross contamination.

Tip 3. Defrost your food

Defrost your meats before grilling to reduce the likelihood of your food being undercooked in the centre. If you don't have time to defrost the meat overnight, pop the meat in the microwave on the defrost setting.



Tip 4. Cook your meats well

Mince, chicken, pork and sausages need to be piping hot and well done in the middle. Lamb and beef steaks can be cooked to taste but use a digital probe to make sure meats have been cooked to a safe temperature to eat.

For more tips on grilling with confidence, go to [BBQ food safety | Food Standards Agency](#).

4 STEPS TO FOOD SAFETY



Calling all Women and Girls

On Saturday 22 July the This Girl Can Festival will be at the Lee Valley White Water Centre from noon until 4pm.

Part of the national This Girl Can campaign, this event aims to inspire and encourage girls and women of all ages and abilities to get active, try new sports and fitness activities, and have fun while doing it.

Come and join us to enjoy:

- Taster sessions in a wide variety of sports and physical activities
- Talks and demonstrations from inspiring female athletes and fitness experts
- Bouncy castles and face-painting for the young ones.

THIS GIRL CAN BROXBORNE FESTIVAL!

CELEBRATE WOMEN'S FITNESS AND EMPOWERMENT WITH US

Saturday 22 July 2023
12noon-4pm
Location: Lee Valley White Water Centre, Station Road, Waltham Cross, EN9 1AB

Are you ready to celebrate women's fitness and empowerment? Then come join us at the This Girl Can Festival in Broxbourne! Our festival is all about inspiring and encouraging women of all ages and abilities to get active, try new sports and fitness activities, and have fun while doing it.

At the festival, you can look forward to:

- Taster sessions and workshops in a variety of sports and fitness activities, from yoga to dance to kickboxing and more!
- Stalls, talks and demonstrations from inspiring female athletes and fitness experts
- Fun challenges and competitions that will put your skills to the test
- Networking opportunities with other like-minded women in the community
- Bouncy castles, face painting and so much more!

For more information or to be a part of the event, please contact community@broxbourne.gov.uk or call 01992 785555 ext.1519.

BRITISH CANOEING | Lee Valley | THIS GIRL CAN | BOROUGH OF BROXBORNE



HAPpy camps are back this summer

HAPpy camps are fully-funded holiday activity camps giving children and young people a chance to have fun, meet friends and learn new skills.

All eligible families are encouraged to get their booking code from their school as soon as possible. To reserve a free place visit www.sportinherts.org.uk/haf/.

For more free and affordable activities across the Borough visit www.hertfordshire.gov.uk/keepactive.

We are listening, Talk to Us

This July, Samaritans will be running its annual awareness-raising campaign, Talk to Us. The charity's volunteers are available 24/7 for anyone who is struggling to cope.

When life is difficult, Samaritans will always be there for anyone who needs someone to listen – day or night, 365 days a year. You can call them for free on 116 123 or visit [HCC mental health](https://www.hccmentalhealth.org) for support available across Hertfordshire.

You can talk
to us about
anything that's
troubling you

▶ We're here to listen 24/7

SAMARITANS

Call free on 116 123 or
email jo@samaritans.org

Talk
to us

we'll listen

A registered charity

Lark in the Park this summer

This summer holiday from the 24 July to 1 September, Lark in the Park will offer free and fun events to all children aged five and above with activities like water fights, nerf wars, laser tag and sports.

Lark in the Park will run from 2-4pm in these locations;

- Monday - Grundy Park;
- Tuesday - Cedars Park;
- Wednesday - Cheshunt Park;
- Thursday - Barclay Park;
- Friday - Fishers Close.

For young people aged 12 and over, there will be a session in Cheshunt Park on Wednesdays from 4-7pm, offering activities such as skateboarding, wall climbing and more.

Find out more [Lark in the Park](#).



Save money by reducing food waste



One change you can make is planning your food shopping and meals in advance. This is a great way to save money, eat healthily and reduce food waste.

UK Harvest has a mission to end food waste. They are providing free, online cooking sessions creating tasty, nutritious meals. Learn how to make the most of those food items sitting forlorn in your fridge or pantry that might otherwise end up in the bin. To learn more, visit www.ukharvest.org.uk/nourished.



Don't let the cost of living pinch your pocket

If you are finding the rise of cost of living a struggle, there is help available. Hertfordshire County Council can direct you to trusted sources of local and national information that can help you:

- Manage your finances
- Make savings
- Look after your health and wellbeing.

To find out more about this free supportive service visit www.hertfordshire.gov.uk/costofliving.



Your local health resource

Looking forward to taking your first step to change a habit or need help but don't know where to go?

Come down to your Broxbourne Healthy Hub in Waltham Cross High Street. The Hub can help you lose weight, get some exercise, or introduce you to new social activities.

Keep up to date with all things Healthy Hub at www.healthyhubs.org.uk/hubst timetable.

Hertfordshire



Free health and wellbeing support

