

Healthy hub

Broxbourne



Hertfordshire

BOROUGH OF
BROXBOURNE
www.broxbourne.gov.uk

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

January 2024

Dry January is back



It's not too late to join in with Dry January. Research has shown 83% of those who participated last year reported that they saved money, 70% reported better sleep and 66% reported an increase in their energy.

So if you are looking to change, or just want to challenge yourself, quench your thirst with a non-alcoholic beverage this Dry January.

Download the free Try Dry app available on the Apple and Play stores to set yourself goals and track your progress.

Find out more about Dry January at:
[Dry January](#) | [Alcohol Change UK](#).



Benefits of Dry January

- ✓ Save Money
- ✓ More Focus and Energy
- ✓ Lose Weight
- ✓ Improved Overall Health
- ✓ No Hangovers
- ✓ Better Mood & Mental Health

sunnyside

www.sunnyside.co/dryish-january

Got the winter blues?

You could be one of the two million people in the UK who suffer from seasonal affective disorder (SAD). SAD is a depression which is triggered by a change in season. Symptoms include:

- Depression
- Issues with sleeping
- Low energy
- Overeating
- Irritability
- Feeling down and unsociable.

If you are experiencing these symptoms, contact your GP for medical support. Visit: [Beating the winter blues \(nhsinform.scot\)](#) if you'd like to find out recommended tips from the NHS to manage these symptoms. Don't let SAD steal your winter, seek help today.

NHS
nhs.uk

Seasonal affective disorder (SAD)



Feeling the pinch? **Get help**

Don't let the cost of living drown your finances this New Year. There are many trusted services to help you organise your finances, improve your savings, and manage on a budget.

Visit Hertfordshire County Council's 'Cost of Living' web page for more information:
www.hertfordshire.gov.uk/costofliving.



BeeZee Families



Ready for your family to feel healthier and happier?

Sign up for our FREE and fun healthy lifestyle programmes in-person or online. Our programmes start on:

Date:	W/c 15th January 2024 for 12 weeks
Time:	Mondays from 17:45 til 19:30
Venue:	Hurst Drive Primary School, Waltham Cross, EN8 8DH



OR you can join our 12-week online programmes!

Eligibility criteria applies, check the website for details.
For alternative formats, email marketing@maximusuk.co.uk quoting X22-2012



The Healthy Hub is ready to help the new you

New Year resolutions and goals are sometimes hard to fulfil, more so when you are trying to achieve these goals alone. But why do that when you have the Healthy Hub? Broxbourne Healthy Hub has trained professionals who can support you to meet your goals.

The Healthy Hub can help you to:

- Lose weight
- Reduce drug and/or alcohol intake
- Quit smoking
- Become more active
- Eat healthily
- Manage your mental wellbeing
- Improve your finances.

The Hub will explore the choices available to you and provide free, non-judgemental information, advice and support to help you meet those goals.



Pop down to your local Healthy Hub today for help to become the new you.

Community Hub, 59 Pavilions Shopping Centre, High Street, Waltham Cross, EN8 7JU, Mondays to Fridays, 9.30am – 5pm.

For the latest health and wellbeing updates from across Hertfordshire follow [@HealthInHerts on Facebook page](https://www.facebook.com/HealthInHerts).

Learn more about mental health

Mental health has been under the public spotlight in recent years. Celebrities are challenging the stigma and being transparent about their mental health issues. This is encouraging many people to seek help with their own mental health.

If you'd like to know more about mental health and to be able to help others manage, Communities 1st is offering the opportunity to join a free mental health course. The course will teach you to:

- Recognise stress, anxiety and other mental health conditions
- Understand the support available for mental health
- Manage stress in day-to-day life.

This course will be available in:

Hoddesdon: 10am-1pm on 29 January at Bollescroft Hall Community Centre, Cock Lane Hoddesdon, EN11 8BE

Goffs Oak: 10am-1pm on 7 February at St James Church, St James Road, Goffs Oak, EN7 6TP

Wormley: 9.30am-12.30pm on 7 March at Wormley Community Centre, Fairfield Drive, EN10 6DX

Cheshunt: 10am-1pm on 19 March at Cheshunt Football Club Stadium, Theobalds Lane, Waltham Cross, EN8 8RU

To register click on the location of the course you would like to attend and secure yourself a place today.



“NOT TOO BAD”

SOMETIMES MEANS WE'RE HIDING
HOW WE REALLY FEEL

Time To Talk Day

When someone asks “How are you doing?”, it is almost automatic to reply “Fine” or “I am okay”, but is that a real reflection of how you are feeling?

Many people who say they are fine are actually dealing with stress from their studies, work, finances or family life and so much more. Take the time to talk to someone and share your problems.

Time to Talk Day is on 1 February.

Local events include the WyldEdges Tea and Talk event on Saturday, 3 February, all day. Join in at the Harmony Community Garden in Shirley Close, Cheshunt. It's a chance to talk, to listen, and to open up on issues that may be troubling us.

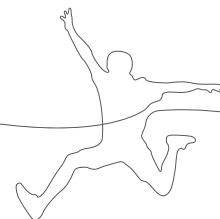
Remember also that whatever you are going through, the Samaritans is always there to listen, 24 hours a day, 365 days a year. Call **116 123** for free.



#TimeToTalk



BYOUth



Hey you!

Want to invest in your health and wellbeing?

Sign up to B•YOU(th) - a free programme to help you achieve your health goals.

Our 10-week programme starts on:

Date: Monday 22nd January 2024

Time: Starts 17:30 finishes 18:30

Venue: Cottonmill Community & Cycle Centre St Albans AL1 2EF and ONLINE !



<<< Or start your journey today with online support!

Open to 13-17-year-olds only, check our website for details.

For alternative formats, email marketing@maximusuk.co.uk quoting X22-2027



Find the right mental health support

If you or a loved one has struggled with your mental well-being, get help the right way and access these three recommended services.

1. **Hertfordshire Mind Network** - This is a mental health organisation here to support both adults and young people who need mental health support. You could visit website Hertfordshire Mind Network (hertsmindnetwork.org), or contact 02037273600 for free to access their support.
2. **Nightlight** - This is an out-of-hours free mental health crisis service provided by Hertfordshire Mind Network. If you are feeling distressed and experiencing a crisis, call the Crisis Helpline. The helpline is open; 7 days of the week from 7pm until 1am.
3. **Togetherall** - A free online community that all residents in Broxbourne can access to seek mental health and well-being support. The community is filled with people from all walks of life and experiences and the platform allows you all to come together and support each other. Your identity will be anonymous, and you'd have access to trained professionals who will give you advice and even signpost you to relevant services for further help. Interested in joining Togetherall or want to know more? Visit: [Togetherall](https://togetherall.com) today.

Are you struggling with your mental health, and need someone to talk to?

You aren't alone.

Nightlight
01923 256391

Every day
7pm - 1am

 Mind
Hertfordshire
Network

Help the little ones with a healthy start

Are you eligible for vouchers to buy healthy food, milk and vitamins for your child? The NHS Healthy Start scheme helps families and pregnant people on lower incomes.

As of December 2023, 68% of Hertfordshire families were eligible for the scheme. However, many do not know and so they lose this benefit.

Visit [NHS Healthy Start scheme](https://www.nhs.uk/healthy-start) to find out more and see if you are eligible.

NHS



Healthy Start paper vouchers will soon be replaced with a prepaid card

Protect your children from dental decay

Dental decay is the most common oral disease affecting children and young people in the UK, yet it is largely preventable.

Hertfordshire Healthy Mouths is a project to improve the oral health of children under 5. Vulnerable families can receive free oral health packs either from their Health Visitors or Local Family Centre.

If you interested in obtaining an oral health pack to defeat dental decay, please speak to your health visitor or contact: High Trees Family Centre at **0300 123 7572** for more information.

