



## Recognise the signs of ovarian cancer

This March is Ovarian Cancer Awareness Month. Ovarian Cancer Action UK estimates that 7,000 women each year in the UK are diagnosed with ovarian cancer. Two thirds of ovarian cancer cases are identified at a late stage when the disease is harder to treat and unfortunately 11 women die every day.

These figures are serious, and everyone should know the symptoms of ovarian cancer for the sake of ourselves and our loved ones. Remember this acronym for the most common symptoms of ovarian cancer.

1. **Bloating – persistent, not occasional;**
2. **Early satiety or feeling full quickly;**
3. **Abdominal pain;**
4. **Changes to bowel, bladder habits or menstrual cycle (such as blood spotting in between periods);**
5. **Heightened fatigue.**

If you or a loved one are experiencing any of these symptoms and they are persistent, contact your GP as soon as possible. It is vital to diagnose ovarian cancer early. Find out more about ovarian cancer at: <https://ovarian.org.uk/march-ovarian-cancer-awareness-month/>.



**OVARIAN  
CANCER  
AWARENESS**

## Make good use of your local pharmacy

Struggling to get an appointment at your local GP? Try Pharmacy first instead. Pharmacy first is a new service being offered to people with certain minor illnesses and conditions.

There are many pharmacies across Hertfordshire that have trained pharmacists who can assess and treat patients for these illnesses and conditions;

- Sinusitis (12 years and over);
- Sore throat (5 years and over);
- Acute otitis media or middle ear infection (1 to 17 years);
- Infected insect bite (1 year and over);
- Impetigo (1 year and over);
- Shingles (18 years and over);
- Uncomplicated urinary tract infections in women (16 to 64 years).

Pharmacy First has already proved successful in treatment of uncomplicated Urinary Tract Infections (UTIs) in women.

To save your time, walk into your pharmacy or go there if you are referred by your GP or NHS 111. Click here to [Find a pharmacy- NHS \(www.nhs.uk\)](https://www.nhs.uk) need link

**NHS**  
Hertfordshire and  
West Essex  
Integrated Care Board

Visit your  
pharmacist for  
advice on minor  
illness and injury  
- you don't need  
an appointment



#HelpUsHelpYou  
Stay well this winter

# Busting MMR vaccine myths

Cases of measles are still on the rise, so do not let misinformation leave you or your loved ones vulnerable to measles. Common myths of the measles and MMR vaccine are;

- **Only children can contract measles;**
- **Natural methods can prevent measles;**
- **All MMR vaccines have gelatine;**
- **MMR vaccine causes autism.**

All these myths are untrue! Measles can affect every age group. There is no natural remedy that prevents measles. It has been disproven that the MMR vaccine causes autism. Finally, there is an MMR vaccine called Priorix® that does not contain gelatine.

Keep your loved ones safe by ensuring that they are fully vaccinated. Check your child's red book to see if they have received two doses of the MMR vaccine. If they have not, please contact your GP as soon as possible. If you'd like a gelatine-free vaccine, ask your GP for the Priorix® vaccine.

Visit: [NHS MMR](#) for more information about the MMR vaccine and measles. Find out about gelatine-free vaccines, including Priorix® at: [NHS gelatine free](#).



## Check your sexual health for free

Did you know, dual testing kits for both chlamydia and gonorrhoea are free and available for Hertfordshire residents aged 15 years and above?

The test is easy and fast and results are sent to you by text message. To collect a free dual test kit, visit the Broxbourne Community Hub on Waltham Cross High Street or find participating pharmacies and other local venues at: [STI testing kits](#). To find out more about testing visit [sexual health testing](#).



**FREE**

Chlamydia & Gonorrhoea 'dual testing' kits now available

Now I'm dating again, it's important for me to **dual test**. If infected, I can get treated and avoid passing it on to others

## Caring for people in mental distress

Carers in Hertfordshire has set up a new support group for people caring for someone who has suicidal thoughts or who has attempted self-harm.

The group will meet monthly on Zoom, on a Tuesday evening from 7.30pm to 9pm. To book a place email [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk) or phone 01992 586969.

Carers in Hertfordshire runs workshops, classes, courses and meetings to suit every carer. Find out more at: [www.carersinherts.org.uk/events/events/](http://www.carersinherts.org.uk/events/events/).



# Broxbourne's got Talent...

Community Alliance Broxbourne and East Herts works at the Broxbourne Healthy Hub with local partners to offer a wraparound service to anyone needing health and wellbeing support.

When aspiring photographer Greg walked into his local Hub, he had no idea how it was going to change his life. After losing his job and experiencing financial difficulties due to the cost-of-living increase, Greg reported his mental wellbeing had hit rock bottom.

Greg had face-to-face meetings with a Hub representative who was able to help him to get his life back on track through the JobSmart employment support programme.

**The Hub in Waltham Cross is here to support all Broxbourne residents like Greg who want to improve their employability skills by:**

- creating or updating a CV;
- setting up a LinkedIn profile;
- brushing up on online interview skills;
- learning digital skills.



Advice about benefits payments is also available.

Greg's story is a testament to his resilience and the hard work of staff at the Hub. Find out more about Greg's story and his experience at the Hub at: [www.healthyhubs.org.uk/realstories](http://www.healthyhubs.org.uk/realstories).

If you are in need of support or would like to have a friendly chat, pop down to the Hub at 59 Pavilions Shopping Centre, High Street, Waltham Cross. The Hub is open on Mondays, Tuesdays, Thursdays and Fridays, 9.30am-5pm.

Note: The Hub also has meeting rooms for hire at reasonable rates. Telephone Community Alliance on 0300 123 1034 to find out more.

## Be active this year with Moving More!



BENEFITS OF MOVING MORE

Whether you're a fitness fan or just getting started, the Moving More Activity Finder has beginner, intermediate and advanced sessions in the local area to suit you. Access the [Moving More Activity Finder](#) now or download the free app on Apple & Play stores. Find your perfect match for regular workouts or one-time adventures. It's time to Get Moving More and kickstart a healthier you.

Cheers to an active and vibrant 2024!

25%

It is estimated that opening session data to Activity Finders can improve participation rates by 10-25%.

## The Power of Small Changes

Just Talk Herts, which provides support on emotional wellbeing for young people, has launched a new challenge, The Power of Small Changes. This challenge asks all young people, their parents and carers, and primary school classes to make a small daily change to improve their mood. Even small changes can make big differences to how you feel.

Whether your small change is to increase your daily steps, keep a journal or even speak to friends and family more often, Just Talk Herts wants to hear how your small change has created a big difference to your wellbeing. Those who take part are in for a chance to win a £50 Amazon voucher.

To find out more and get involved in the challenge visit: [small changes](#) today.

## Your health and wellbeing matters

Don't miss out on the latest health and wellbeing news from across Hertfordshire. Get instant updates, advice and support to help you and your family lead a healthier and fulfilling life. If you're on Facebook, why not follow [@healthinherts](#) today and help spread the word.