



Snowball your way out of stress

Heard of the snowball effect? It means small actions overtime can accumulate and produce big results.

April is Stress Awareness Month. Stress is a normal emotion, with 79% of adults in the UK report that they feel stressed at least once a month, but prolonged stress is detrimental to your health.

Stress Management Society UK is challenging everyone to make a small change #LittleByLittle to reduce their stress levels. A small change you could make may be preparing your meal for work the night before, walking for 20 minutes a day or even just journalling your thoughts. Taking small steps such as these can defeat the burden of too much stress #LittleByLittle.

If you'd like to roll over your stress, make a commitment today. To find out more on how to reduce your stress and what little changes you could make, visit [Stress Management Society UK](#) today.



Watch out! There's a scammer about

Times are hard and scammers invent new ways to scam people every day, so being vigilant is important. Hertfordshire County Council's Trading Standards team are advising residents to be careful when;

- Scanning QR codes;
- Making payments;
- Downloading apps from QR codes.

Look for any signs of tampering or suspicious behaviour on QR codes. When scanning, pay attention to the URL you are taken to. For more information on how to stay safe online, visit [Staysafeonline](#).



Help for carers supporting the suicidal

A free, new support group has been set up for carers who are supporting someone who is contemplating suicide or who has attempted suicide.

The group meets monthly (alternating between online and face-to-face meetings) and travel costs can be covered if required.

Numbers are limited so please book in advance.

For more information, visit <https://bit.ly/CSGHerts>.

New carer support group
for those affected by
suicide attempts



My Voice

Stressed out? Heart racing? Feeling Nauseous?

Discover how to flip the script on stress and find your chill, even when things get crazy. This session is your chance to unlock the secrets of staying in control, no matter what life throws at you

Date: 18 April 2024

Ages: 14-16

Time: 16:15 - 17:15

Location: Hoddesdon Library

Presenter: The OLLIE Foundation



Supported using public funding by
ARTS COUNCIL
ENGLAND



Lose weight without losing a penny

There are many obstacles that stop people losing weight and one of those is affordability. Not being able to afford gym membership or advice on diet can push many away.

Not to worry - Hertfordshire residents can benefit from a free 12-week programme where you can learn how to improve your health and manage your weight with specialist support.

You can choose from;

- Slimming World's weekly in person group sessions.
- Oviva's digital app from the comfort of your home.

Both programmes will offer you personalised support to work towards improving your diet and exercise habits.

Interested, and want to start your free journey? Find out more at www.hertfordshire.gov.uk/healthyweight.



Join a new free weight
management service to lose
weight and create healthier
habits today



Strength & Balance Classes

Take your first steps to better health

- Designed for individuals wanting to improve their **strength and balance** while learning new exercises to maintain **independence**.
- Suitable for those who **haven't exercised before** or are experiencing a decline in their physical ability.
- Exercise at your own pace in a **positive environment** and meet others in **your community** who are at a similar ability level.



One hour classes



Mixture of standing and seated exercises



FREE



Bring some water to stay hydrated!



Wear suitable shoes and clothing



15 minutes before and after to ask questions

Every Wednesday

11:15am - 12:15pm (All Abilities)

Starting 6th March 2024

Lee Valley White Water Centre

Station Road, Waltham Cross, EN9 1AB

For more info, email community@stevenagefcf.com

To book call Rachael on:

07734 935190



INTRODUCTION TO PERMACULTURE

NORTHAW COMMUNITY ORCHARD

JULY 13-14TH 2024

Join us in the beautiful surroundings of Northaw Community Orchard for this immersive Introduction to Permaculture course. Over the weekend this fully-catered course will explore:

- * What permaculture is and why we use it
- * Understanding energy flows for efficiency of use
- * The importance of working with nature rather than against her
- * How to use permaculture for social situations



Course fee from £170 - residential camping options available.

Booking is essential. For info and bookings please contact Wyld Edges:

wyldedges@posteo.net 07516 477 470 wyldedges.com



NORTHAW COMMUNITY ORCHARD
A SUSTAINABLE FUTURE



Free courses for mental wellbeing

If you want to improve your understanding of mental health, or recovery from drugs and alcohol misuse, New Leaf College has some new and improved classes.

The courses scheduled over the next few months include both new and popular courses options such as;

- Understanding and Managing Emotions;
- Employment and Self-Management;
- Understanding and Managing Stress,
- Mindfulness for everyday living;
- Assertive Communications Skills Workshop.

To book now, visit <https://www.newleafcollege.co.uk/Courses/Book-A-Course>.

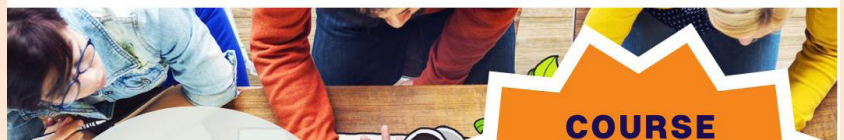


Recovery and Wellbeing College

NEW TIMETABLE OFFICIALLY RELEASED!

www.newleafcollege.co.uk

Inspiring hope, opportunity and control
Free courses supporting mental wellbeing and personal recovery



IN CLASS

EMPLOYMENT AND SELF-MANAGEMENT
-
MANAGING STRESS
-
MANAGING EMOTIONS
-
MINDFULNESS
-
PRESSURES OF DAILY LIVING
-
ASSERTIVE COMMUNICATIONS SKILLS

COURSE HIGHLIGHT:
Drugs, alcohol and mental health recovery



Celebrate 50 years of immunisation



World Immunisation Week this year is 22-27 April and falls on the 50th anniversary of the World Health Organisation Expanded Programme on Immunisation (EPI), which is dedicated to encouraging nations to invest in immunisation to protect the upcoming generation.

This World Immunisation Week, make sure you have checked that you and your children have received both doses of the MMR Vaccine. Measles is a serious illness, and it spreads easily between people who are not vaccinated. One in five children who has measles ends up in hospital because of complications.

Prevention is often better than cure, so if you know you or your children may need the vaccine, ask your GP practice. Vaccination is free. It is given in two doses, with the first offered to children at the age of one, and the second before they start school. Adults who did not receive both doses of the vaccination as children are encouraged to get vaccinated now.

The vaccine is safe and gives long-lasting protection against measles, as well as mumps and rubella. A version of the vaccine with no animal products is available on request.

For more information on the MMR Vaccine visit www.nhs.uk/mmr.

Find out more about the 50th anniversary celebrations of the [World Health Organisation Expanded Programme on Immunisation \(EPI\)](http://www.who.int).



Hertfordshire **NHS**

Protect your child from measles with two doses of the MMR vaccine

Check your child's red book and make an appointment with your GP practice to catch up on missed doses

The advertisement features a young boy in a white and red football kit holding a soccer ball. The background is a solid purple color. The NHS logo is in the top right, and the Hertfordshire logo is in the top left. The main text is in a white box, and the call to action is in a yellow box at the bottom.

Need a helping hand to make a change?

Your Healthy Hub is here, ready to listen, explore all choices available and provide free, non-judgemental information, advice and support to help you with your health and wellbeing needs or changes. Pop into the Healthy Hub in Waltham Cross High Street near the main entrance to the Pavilions, any time from 9.30am to 5pm on Tuesdays and Thursdays for a friendly chat.

Want to know more about the Healthy Hub? Watch this [video](#).

