

Healthy hub

Broxbourne



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

May 2024

Walk this way

The sun is shining and the hedgerows are in bloom. It is time to enjoy the great outdoors. May is #NationalWalkingMonth. Walking is a great way to meet new people, get fit and relax, and it costs nothing.

Broxbourne Borough has a wide-ranging programme of guided walks to suit all ability levels. Walks are organised by the Council and other community organisations, led by friendly, trained volunteers. Details of locations, walk lengths and times are available at: www.broxbourne.gov.uk/community/walking

Out of practice? Living Streets, the charity for everyday walking, is here to help you with 20 tips to help you fit 20 minutes of walking into your day. Check out [#Try20 check list](#) to tick them off as you go!



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

JOIN US

Information Hour (s) for people living with Parkinson's

Wormley Community Centre, Fairfield Drive,
Wormley, EN10 6D

Monday 10th June between 2pm-4pm

Come and find out more about living well with Parkinson's. We will have local information stands, some activities to try, and a chance to chat.

Julie Wilson 0300 123 3675 jmwilson@parkinsons.org.uk
Free refreshments and parking

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (208197) and in Scotland 01207554. © Parkinson's UK. Created in HighMarket - 04/2024 - 1020/20

Has gambling become your Roman Empire?

If gambling is on your mind when you wake up, on your way to work or after you've dropped off the children to school, then gambling has become your Roman Empire. The Tik Tok inspired trend of describing something as a Roman Empire reflects how this era in history weirdly pops up repeatedly in many people's thoughts without any apparent reason.

If gambling is repeatedly in your thoughts or you engage in it without feeling able to stop at any time, then you may be experiencing an addiction. If you are concerned about how gambling is affecting you or a loved one, visit GamCare to identify the **top five signs of gambling harm**.

There are many ways to defeat the gambling habit and to triumph like an Augustus Caesar. Find out more at: www.gamcare.org.uk/talk by GamCare.

Protect your family from e.coli this spring

As lambing season begins, visiting a farm or petting zoo can be fun, but it carries a risk of infection, including e.coli, salmonella and cryptosporidium.

To ensure you safely enjoy your visit without bringing home any unwanted visitors, make sure you and the kids wash your hands thoroughly after touching animals and before eating.



Stay healthy at petting zoos

Find out more at www.hertfordshire.gov.uk/about-the-council/news/news-archive/handwashing-after-petting-animals

Beezee FAMILIES



We're here to help your family make healthy habits fun

Join our FREE, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: Tuesdays w/c 29 April 2024 Time: 5.45-7.30pm

Venue: Hurst Drive Primary School, Hurst Drive, Waltham Cross EN8 8DH

Or you can join us online!



hrt.maximusuk.co.uk

Sign up for your FREE PLACE today

@ BZBinfo@maximusuk.co.uk

01707 248 648

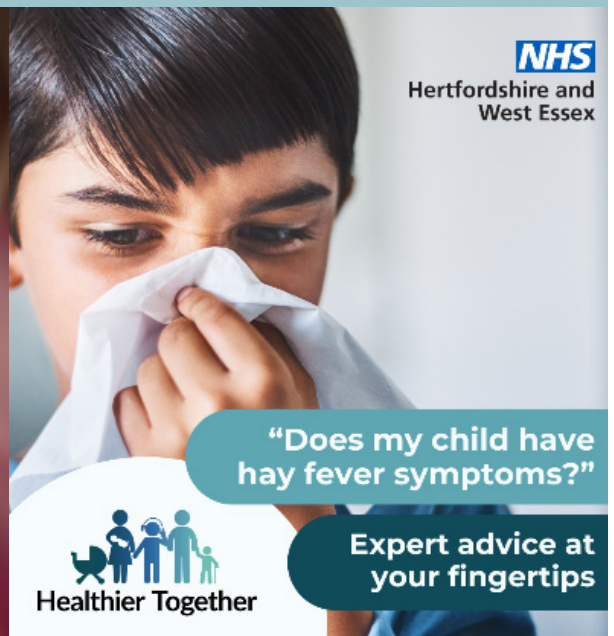


Our programmes are for children above their ideal weight, see our website for more information. 74-0548

Help with children's health

Visit Healthier Together, the new one-stop shop for parents and guardians, offering advice on looking after the health of children and young people. The website has been created by NHS clinicians leading local health and care services in Hertfordshire and West Essex to provide sound advice and details of local support services.

The website has content on tackling many health concerns, from body image worries to children's allergies. Find out how to help your child and when to seek professional support.



"Does my child have hay fever symptoms?"

Healthier Together

Expert advice at your fingertips

Create positive change with Living Well



Mind in Mid Herts runs free 'Living Well' courses designed to support you to make positive changes for better health. Informed by psychological theories, the guided self-help courses and workshops will support you to understand your own experience and build new strategies to live the life you want.

These courses and workshops are delivered online and in local centres by experienced and passionate Mind in Mid Herts trainers; giving you all the benefits of face-to-face support from either your home or your local Mind centre.

To learn more, visit: [MIND workshops](#). If you are interested in joining a course, check out the [Living Well timetable](#).

Tick off the ticks

As the weather is improving and you decide to explore the great Hertfordshire outdoors or relax in your garden, watch out. Ticks may be lurking behind the bushes, crawling on that beautiful tree or even just taking a stroll on the grass.

All those ticks are searching for a new home, but they are the worst house guests for you and your family. Ticks bite, and may leave behind serious infections such as Lyme disease and tick-borne encephalitis.

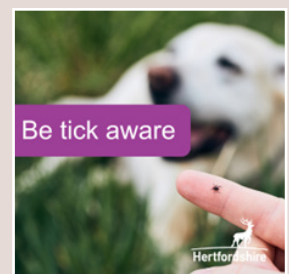
Here are some tips to avoid becoming a tick's feast this spring:

- Stay safe by walking on clearly defined paths,
- Use insect repellent,
- Wear long trousers in high-risk areas;
- Perform regular tick checks.

If anyone in your family has a tick attached, it is strongly advised that you remove it as quickly as possible with a pair of fine-tipped tweezers or a tick removal tool.

If you feel unwell after being bitten, with flu-like symptoms, persistent headache, confusion or you develop a spreading circular rash, please contact your GP promptly.

Visit www.nhs.uk/conditions/lyme-disease to find out how to protect your family from ticks.





Mental Health First Aider®

MHFA England

Free mental health first aid training

As part of the ongoing response to the rising cost of living, Hertfordshire County Council is funding free mental health first aid training for volunteers and staff at foodbanks, community spaces, faith and community groups.

The two-day Mental Health First Aid (MHFA) courses will be held on Wednesday 29 and Thursday 30 May at Farnham House, Stevenage: To register for the course, please go to: <https://mhfaengland.org/> and ensure you input your full name and email address.

NHS Hertfordshire and Mid Essex Talking Therapies is running free Mental Health Awareness Training during [#MentalHealthAwarenessWeek](https://twitter.com/MentalHealthAwarenessWeek). Free live and interactive webinars will include understanding anxiety to coping with stress.

To sign up, visit: <https://www.hpft-talkingtherapies.nhs.uk/resources-and-self-help/webinars>.



Fussy Eating

Free local workshops and 1-to-1 support



Fed up with stressful mealtimes? We're here to help...

As parents we want our children to eat well – and to enjoy mealtimes together

Come along and get support and new ideas for:

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

Find out more



SCAN ME

Scan our QR code or visit www.henry.org.uk/hertfordshire to find out more and book your place online