

Healthy hub

Broxbourne



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

June 2024

THE **SILENT KILLER** GET CHECKED NOW

High blood pressure (hypertension) doesn't usually have any obvious symptoms, making it an invisible threat to many. If left untreated, high blood pressure can lead to heart attacks and strokes as well as kidney disease and vascular dementia.

One in four adults has high blood pressure, but only half of them know. Black and South Asian people are even more likely to develop high blood pressure.

NHS Hertfordshire and West Essex has launched a campaign to encourage people over 40 to find out what their blood pressure is. More than 200 pharmacies across Hertfordshire and West Essex are signed up to provide free blood pressure checks for anyone over 40 who hasn't had their blood pressure taken in the past six months. Get checked now; no appointment is needed and it may save your life.

Find out more, and see a list of participating pharmacies at: hwenhshypertension.

HWE
Hertfordshire and
West Essex Integrated
Care System

NHS

Invincible feeling

Invisible danger

Take a sec to check

You may feel healthy and strong,
but **high blood pressure has no symptoms**.
If left untreated, it can cause a heart attack or stroke.

Find a pharmacy
for a free blood pressure check.
hertsandwestessex.ics.nhs.uk/bp

Breathe more freely

Love Your Lungs Week begins on 20 June. One in five of the UK population will have a lung condition at some point. 5.4 million people are living with asthma. Every year, 36,000 people in the UK die from the effects of air pollution.

Asthma & Lung UK is funding research into cures and improved treatments and lobbying for improved care. The charity also provides a free, confidential helpline for to help people who have a lung condition. Telephone 0300 222 5800 or email helpline@asthmaandlung.org.uk.

Find helpful advice here: [Living with a lung condition](http://Livingwithalungcondition), including information about minimising air pollution in the home, travelling with a lung condition and keeping active.





ARMED FORCES DAY
SHOW YOUR SUPPORT



ARMED FORCES DAY 29 JUNE

Mental health problems are common and can affect anyone, including veterans, serving personnel, reservists, and their families. After serving in the Armed Forces, some people find it hard to adjust to civvy street. If you are struggling with your mental health and wellbeing, Op COURAGE: The Veterans' Mental Health and Wellbeing Service is here to help. Available across England, Op COURAGE has helped nearly 30,000 people since 2017.

Op COURAGE is an NHS service developed with people who have served in the Armed Forces and experienced mental ill-health. Everyone at Op COURAGE is either from the Armed Forces or has experience of working with the military community. Whether you're due to leave the Armed Forces, are a reservist or have already left the military, Op COURAGE can help. Find out more at [OpCOURAGE - NHS](#) or watch this video: [Op COURAGE: We're in it Together.](#)

PAINKILLERS DON'T EXIST.

They're only a short-term solution



Opioids can often cause more problems than they resolve when taken for longer than three months. The way the human body reacts to pain medication changes over time. Regular, high-dose prescribed pain medication may be adversely affecting your life more than the pain itself!

Pain medications are not the only option for managing pain. Gentle exercise, physiotherapy, yoga, meditation, improved sleep, the right mindset and many other elements will contribute to your overall physical and mental well-being.

If you are worried or would like to discuss your current pain medication prescription and how to manage persistent pain more effectively, please book a pain review with a pharmacist or GP.

If you're worried that you or someone you know could be dependent on pain medication, visit: [Pain support.](#)

A recent study found that between a third and half of the population of the UK, around 28 million adults, are living with persistent pain. However, most medicines for long-term pain only benefit one in four people and on average only provide a 30% reduction in pain.

Living with and managing persistent pain every single day can be exhausting. Unfortunately, there simply isn't a medication that will remove all pain. Taking opioid pain medication in the hope it will relieve most of the pain is not the answer.

Measles and whooping cough cases are increasing

Measles spreads easily and can cause serious problems. If your child is unwell and you think it could be measles, avoid mixing with other people and speak with your GP. Check symptoms and what to do if you think you or someone in your family has measles at www.nhs.uk/measles.



If you are pregnant, it is important to take up the pertussis (whooping cough) vaccine when offered. It helps to protect your baby in their first few weeks of life, as whooping cough can be life-threatening and require hospital treatment. More info about the vaccination is available at: [whooping-cough-vaccination/](#).



Having the MMR vaccine is the best way to prevent measles, if you or your children have not had the MMR vaccine please contact your GP.

Finding ways to connect

#LonelinessAwarenessWeek is from 10-16 June

This year's theme, #RandomActsofConnection, encourages everyone to increase those simple, everyday moments of connection which help us all feel happier and less lonely.

Find your local Healthy Hub at www.healthyhubs.org.uk/localhub and pop in for a friendly chat and support. Let us help you on your journey to stay healthy and well.



Is your neighbour being exploited?

Cuckooing is when criminals take over someone's home and use it for illegal activities.

What is cuckooing?

Cuckooing is the exploitation of vulnerable individuals to conduct illegal activities. A criminal may use the vulnerable person's home to deal drugs or as a base for sex work, or they may exploit the victim financially.

The signs that a neighbour is being cuckooed include:

- Many visitors arriving at all times of day and not staying very long
- A lone neighbour suddenly having groups of friends living at the address
- People waiting in cars outside the property
- Anti-social behaviour and an increase in litter.

As part of a campaign to raise awareness of 'cuckooing' Herts Police is working with organisations to help people understand what #cuckooing is and how to spot if it is happening in their community.

To find out more about cuckooing visit: <https://www.hertfordshire.gov.uk/cuckooing>.

Report suspected cuckooing by phoning 101.

Do you have contact with people thinking of suicide?

Hertfordshire County Council is working with Samaritans to deliver free suicide prevention training for frontline workers and volunteers in Hertfordshire to help them assess risk of suicide and respond to it. This includes the practical skills to have a supportive, controlled and effective conversation with the person at risk and to know where to signpost them for help.

One in five people will have suicidal thoughts at some point in their life. Samaritans and Hertfordshire County Council want this to change. The more we develop our shared understanding of the signs of suicidal thoughts and feelings and the skills to have timely and effective conversations with people at risk, the more we can make successful interventions that save lives.

If you'd like to learn more, then please visit [Eventbrite](https://www.eventbrite.com) to book, or email SuicidePreventionHerts@hertfordshire.gov.uk for more information. Please share this information with Hertfordshire organisations you think may be interested.

If you are caring for someone who has had suicidal thoughts, you may like to join a support group delivered by Carers in Herts in partnership with Hector's House for adults (18+). The group meets monthly, alternating between online and face-to-face.

Carers in Herts can cover travel expenses (car or public transport) and parking charges so that more people can attend.

For additional information each session and how to join, click the link [Check out our latest events - Carers In Herts](#).

Free training to help you ...



SAMARITANS



spot and support anyone struggling to cope

Funded by

