

Healthy hub

Broxbourne



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

October 2022

COVID-19 and flu Get protected and get on with life this autumn

Everyone aged 50 and over, people working in frontline health and social care, and those who are at high risk will be offered a COVID-19 booster jab and a free flu jab this autumn.

More than 60 local pharmacies, most GP practices, pop-up vaccination centres and outreach clinics will be taking vaccinations into the heart of communities across Hertfordshire.

People who are at most risk of serious illness, including those aged 65 and over, pregnant women, those who are immunosuppressed, and frontline health and care staff, can book their autumn COVID-19 booster now.

Adults aged 50-65 will be invited to book their vaccinations in the next few weeks. Many will have already been invited to a clinic by their own GP practice.

Children who were aged 2 or 3 years old on the 31 August 2022, all primary school-aged children and eligible 11-16 year olds will also be offered the [flu vaccine](#).

HM Government

NHS

BOOST YOUR IMMUNITY

WITH THE FLU VACCINE
+ COVID-19 BOOSTER

People aged 65 and over, carers and pregnant women can now book their autumn COVID-19 booster.

If you are eligible and have never had a COVID-19 or flu vaccination before, it's not too late to start. Make an appointment [online](#), speak to a pharmacist, visit one of our local [walk-in clinics](#) or ring 119 for more information.

STOP TOBER

Better Health Let's do this

NHS

Stopping smoking for more money this Stoptober?

You've got this.

Get free support

Smokers encouraged to join Stoptober

Stoptober is calling on smokers in England to join more than 2.5 million others who have made a quit attempt with the campaign since it launched in 2012. Nearly 6 million adults in England still smoke, and it remains the single biggest behavioural cause of preventable death, with 64,000 deaths a year.

This year, Stoptober's mass quit attempt is as important as ever, as quitting is one of the best things you can do for your health. That's why this year's Stoptober campaign is encouraging smokers to join thousands of others who are

giving quitting a go for the month of October. Making it to 28 days smoke free means you're five times more likely to quit for good. Quitting will allow you to start moving better, breathe more easily, and give you more money to spend.

Quitting with others, together with the range of support offered in Stoptober, can strengthen resolve and boost confidence, motivation and readiness. This helps smokers realise that they are stronger and better prepared, and sets them up for long-term success.

Stoptober offers many free quitting tools, including: the NHS Quit Smoking app, Facebook messenger bot, Stoptober Facebook online communities, daily emails and texts, and an online Personal Quit Plan tool. It provides information and advice on proven quitting methods, expert support from local Stop Smoking Services and the range of stop smoking aids, including further information on how vaping can help you quit.

For more information, go to: www.nhs.uk/better-health/quit-smoking.



Financial support if you receive Pension Credits

Household Support Fund: Pensioner payment

In these difficult times, Hertfordshire County Council is issuing vouchers to older people as part of the Household Support Fund provided by the Department for Work & Pensions.

You will have received a letter containing a voucher if you were/are in receipt of Pension Credit or you are the appointee of someone who was on Pension Credit before 1 September.

This payment is in addition to the £326 payment you should have received already from the DWP, and the £300 extra winter fuel payment due in December.

Find out how to redeem the voucher here: <https://bit.ly/3UDD0HM>.

What's happening in Broxbourne?

9 October – join the funfest at Cedars Park

Come to Cedars Park for a community funfest on Sunday afternoon, 9 October, with a funfair, music, food and stalls, to celebrate World Mental Health Day and learn about local support.



10 October – World Mental Health Day

It's World Mental Health Day on Monday 10 October and this year's theme is 'Make mental health and wellbeing for all a global priority'. If you're struggling, concerned about a loved one or want something to keep yourself active over the colder months, there's [local support](#) available in Hertfordshire.

To find out more follow [Health in Herts Facebook](#) for all the latest health and wellbeing updates.



Worried about someone?

It's OK to talk about suicide

Take the training - save a life

bit.ly/suicidepreventionherts

Would you know what to say to a loved one who is suicidal or in emotional distress?

Take the free 20-minute online training by Zero Suicide Alliance at www.bit.ly/suicidepreventionherts. It will help you spot the signs, say the words and signpost to help.

Remember, anyone in need can call NHS111 and select option 2 for specialist mental health support.



Do you know a 13-18 year-old who is passionate about mental health?

Hertfordshire young people can now sign up to become Just Talk Ambassadors: positive role models who encourage others to speak more openly about their mental health.

Ambassadors have the opportunity to help shape the design of Just Talk's upcoming campaigns, as well as promote good mental health messages in their communities.

Find out more <https://justtalkherts.org/young-people>.

Long COVID - support for employers and businesses

Herts Chamber has partnered with Better Business for All (BBFA) and the NHS to host a webinar on Tuesday 8 November to advise businesses in Hertfordshire on managing staff with Long COVID.

It is estimated that over 2 million people are suffering with Long COVID in the UK and the numbers continue to grow. Many individuals experience difficulties with returning to work due to the nature of their symptoms and the complexity of the illness.

Support your staff and business by joining in this hour-long webinar which will provide an overview of Long COVID, as well as discussing return to work issues and guidance on how to manage this.

Find out more [Calendar Detail \(hertschamber.com\)](https://hertschamber.com).



"After I fell over, HertsHelp helped me to get practical support and equipment. I feel safer at home now."

Hub partners showcase

HertsHelp is here for you

Everyone needs a little support from time-to-time, whether that's with the cost of food and essentials, advice on debt management or simply help to live independently at home.

HertsHelp is a network of community organisations working together across Hertfordshire to help everyone living in the county find the independent support, guidance and information they need to access the right service and get the most out of life.

If you, your family or anyone you know needs advice, support or practical information to make life easier, HertsHelp can support you and put you in touch with organisations that can help.

To find out more, call 0300 123 4044, email info@hertshelp.net or visit www.hertshelp.net.



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