

# Health & Wellbeing Newsletter

## Welcome to the first edition of the Watford FC CSE Trust Health and Wellbeing Newsletter!

In this newsletter, we hope to bring you news of what's on offer with the Health and Wellbeing team, as well as how you can refer your participants onto our programmes.

## Shape Up Together

Shape up together is our new targeted weight management programme. Adapted from our core Shape Up programme, this course is specifically targeted toward adults with disabilities and mental health diagnosis.

The programme still consists of 12 weekly sessions split between education and exercise; however, the content and resources have been re-designed and made much more visual, ensuring they are accessible for the targeted groups.

As well as making the education side of the programme more discussion based, we have also adapted the way we approach the exercise section. By reducing the amount of equipment used and focusing on keeping participants moving as much as possible, we have been able to keep both engagement and enjoyment high.

So far we have run community courses in Hemel, Watford, and St Albans for adults with physical and/or learning disabilities, as well as inpatient courses in conjunction with HPFT. Our participants are absolutely

loving the course, with many of them seeing great results so far...

*"I've never seen her so motivated about anything - even to the point of rejecting tomato ketchup!"*

-Rose's Mum, Hemel Hempstead

*"I enjoy the scheme a lot. I really like the nutrition and wellbeing programme. I like the discussions I am able to have about my week. The exercise activities are helping a lot with my leg movement."*

-Keith, Hemel Hempstead

*"I have done a lot of exercise programmes in the past, but I particularly enjoy the nutrition and wellbeing presentations and discussions. I enjoy the exercise group, especially exercises that are targeting my legs. The staff are friendly and approachable."*

-Richard, Hemel Hempstead



## Health & Wellbeing Days – Can You Get Involved?

**Stop Smoking Day**  
Wednesday 9<sup>th</sup> March

**International Day of Happiness 2022**  
Sunday 20<sup>th</sup> March

**Stress Awareness Month**  
Friday 1<sup>st</sup> April–Saturday 30<sup>th</sup> April

**Walk to Work Day**  
Friday 1<sup>st</sup> April

**World Health Day**  
Thursday 7<sup>th</sup> April



## Our Programmes

### ExtraTime

ExtraTime is a group session where over 55s come together to enjoy a range of different social activities, for example: short matt bowls, crafts and exercise.

The group meet on a Thursday morning at Vicarage Road.

#### For More Information

[andrew.garlick@watfordfc.com](mailto:andrew.garlick@watfordfc.com)

### Golden Memories

Golden Memories is a programme that supports people with dementia (or memory loss) and their relatives, to evoke memories through a multi-sensory approach, reminiscing about history through the use of Watford FC memorabilia and the history of Watford.

#### For More Information

[andrew.garlick@watfordfc.com](mailto:andrew.garlick@watfordfc.com)

### Man On!

Man On is a physical and mental health service for men above the age of 18. Sessions run for 90 minutes every Wednesday, 3-4:30pm at the Meriden Community Centre and aims to support men that are struggling with their mental health, through sport and wellbeing conversations.

#### For More Information

[taylor.morrison@watfordfc.com](mailto:taylor.morrison@watfordfc.com)

### Active Watford & Three Rivers

Programme to help unmotivated, inactive over 16s in Watford and Three Rivers to become more active. 12 months of tailored support to help them, including free consultation, creation of a personalised plan, signposting to activities, nudge text messages, and access to an app.

#### For More Information:

[alison.goodchild@watfordfc.com](mailto:alison.goodchild@watfordfc.com)

### Shape Up

Shape Up is our award winning, Hertfordshire-wide weight management programme, with sessions also available in Harrow.

We run different versions of the Shape Up programme for men and women, those with learning disabilities, those with mental health needs and more. All versions will help you to lose weight in a non-intimidating environment. Come and see what you've got to lose!

#### Referral Criteria

- 18-65 years old
- BMI above 27.5 (this can be checked at [www.shapeupherts.com/do-i-qualify](http://www.shapeupherts.com/do-i-qualify))
- Motivated to lose weight

You can register your interest in our April Shape Up courses and join our waiting list now. Please just go to [www.shapeupherts.com](http://www.shapeupherts.com) and register your interest. Alternatively, you can contact [rhys.ratcliffe@watfordfc.com](mailto:rhys.ratcliffe@watfordfc.com) directly to join our waiting list. Those on the waiting list will be the first to receive details of upcoming course times and locations.

#### For More Information

##### Shape Up Together

Sadie Walden | 07938 486659

##### Shape Up

Rhys Ratcliffe or Shaun Murphy  
01923 496391

##### Shape Up Harrow

Shanae Francois | 07938 483909

### Youth Link

Youth Link is a social prescribing service that supports young people aged 10-24 in the West Herts area. The referred Young Person works with a dedicated link worker during a 6 month period. The link worker helps them to create an action plan of how they can be supported and refers them to community organisations that can help them improve their physical, mental and emotional health.

#### For More Information

[youthlink@watfordfc.com](mailto:youthlink@watfordfc.com)

### Positive Minds; Education

Positive Minds; Education is a 10-week wellbeing programme combining classroom and practical-based activities to engage Year 6 students in the topic of mental health. Year 6 is a time of transition, during which young people are more likely to experience and develop mental health issues. Our programme has been developed to support students ahead of this change, to help them increase their knowledge, and instil key tools to improve and support their wellbeing.

#### For More Information

Kennedy Morgan | 07718 490625

[kennedy.morgan@watfordfc.com](mailto:kennedy.morgan@watfordfc.com)

### Empower

Empower is a free 6 month project which aims to improve 9-12 year olds' mental wellbeing through the use of physical activity. Each weekly session is 90 minutes in length and consists of 60 minutes of physical activity, followed by a 30-minute wellbeing workshop. Our sessions are delivered by two mental health facilitators and a NESSie psychotherapist.

#### Referral Criteria

9-12 year olds with low to moderate mental wellbeing.

#### Next Session Dates

21<sup>st</sup> April 2022 in Borehamwood

28<sup>th</sup> April 2022 in St Albans

6<sup>th</sup> May 2022 in Hemel Hempstead

#### For More Information

Jodine Williams | 07850 503447

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#### Newsletter Contact

[health.admin@watfordfc.com](mailto:health.admin@watfordfc.com)

