

# Healthy hub

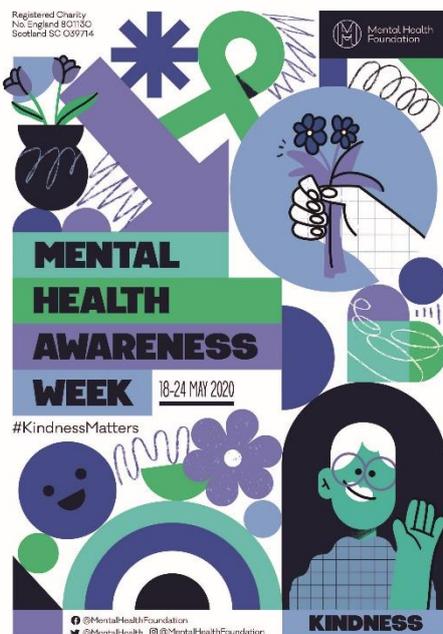
Welwyn Hatfield

## Health and Wellbeing Hub

### Healthy Hub Bulletin May 19th

Welcome

Your one stop shop, supporting you and signposting you to your amazing local health and wellbeing services. We are sharing current health and wellbeing news to support you through Covid19 Lockdown plus activities from National Campaigns and this week it's **Mental Health Awareness Week 18<sup>th</sup> - 24<sup>th</sup> May**



The Mental Health Foundation started Mental Health Awareness Week in 2001 to raise awareness of mental health and mental health problems.

Whilst we enter into week 9 of lockdown we feel Mental Health week couldn't have come at a better time. We are all affected in some way by the "new normal".

The theme of this year's Mental Health Awareness Week is 'kindness.'

One thing that we have seen all over the world is that kindness is prevailing in uncertain times.

The added benefit of helping others is that it is good for our own mental health. It can help reduce stress and improve your emotional wellbeing.

The Mental Health Foundation recommend (among other things) starting each day of the week by sending an inspirational quote to someone. The Healthy Hub team will be posting their daily quotes of Kindness here;

<https://twitter.com/WHpublichealth/status/1262361037048877056?s=20>

If you would like to know more and maybe get involved then visit the Mental Health Foundation website for fundraising activities and resources;

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

**Read on if you would like to hear about acts of kindness happening locally.**

## Acts of kindness in the Welwyn Hatfield Community



### Becca Hayden's act of Kindness raising £280.00 for the Mind in Mid Herts Charity

A local resident, Becca Hayden who hadn't planned or trained to run the marathon this year decided to take on the 2.6 challenge and run the full marathon around Welwyn Garden City! Becca ran the marathon in 3 hours and 41 minutes and raised over £280 for her local mental health charity, Mind in Mid Herts. **Becca said** "Everyone who is a key worker during these times are doing so much for everyone, so I decided to come out of my comfort zone and run the marathon for Mind in Mid Herts to just give a little back."

## Messages of kindness

**Local residents, Henri, Maxine and Hannah share their thoughts on acts of kindness they have experienced.**

**Henri** – 'I live alone with my dog so being able to meet with my neighbours sometimes to have a cup of tea and a chat over the fence makes my day'.

**Maxine** – 'As team leader of 3 surgeries, the past few months have been a rollercoaster of emotions and when I have had a low day and gone for a walk to clear my head after work the vibrant colours of the rainbow pictures in everyone's windows has really cheered me up. Thank you Hatfield Garden Village residents'.

**Hannah** – 'I felt very uncertain about my future following the cancellation of GCSE'S but the reassurance from my school (Stanborough) and regular updates telling me that everything will be alright has really helped me'.

### A message from a local young person on OCD

We are very pleased to be able to share with you a real story from a local young person who has been struggling with OCD during lockdown. One of our mums from our Healthy Hub team had a very proud moment when her daughter Emily spoke bravely about her OCD coming back during lockdown on the Channel 4 News. Please follow the link to find out more. <https://twitter.com/emkburke/status/1239667110625906694?s=21>

**ONLY IF YOU'RE KIND TO  
YOURSELF, CAN YOU BE  
KIND TO OTHERS**

RUBY WAX  
PICTURE QUOTES .COM

**Monday's Healthy Hub Kindness Quote of the Day!**

## Your Five Ways to Mental Health-Find out how you can join in!

### CONNECT....with Kindness

The theme this year is kindness, and with the current situation it is vital we continue to be kind to ourselves. **Mind in mid herts** are therefore running free online sleep workshops, Facebook live sessions including laughing yoga and a dreamcatcher craft session which is perfect for families to get involved in and have fun. They are also dressing up on Wednesday 20<sup>th</sup> May to help raise vital funds to continue offering free services to the people of Hertfordshire during this difficult time. If half of Hertfordshire donated £1 to the cause they would receive £500,000, so head to our website and get involved! [www.mindinmidherts.org.uk/support-us/mental-health-awareness-week/](http://www.mindinmidherts.org.uk/support-us/mental-health-awareness-week/).

**View Point** a local Charity based in WGC helping people with mental health issues or drug and alcohol problems. View Point have some great Zoom meet up groups, from Knit and Natter to a StarTrek Film night. Take a look at their flyer or follow the link to find out more; <http://www.hertsviewpoint.co.uk/>



The flyer for Viewpoint features a blue header with the logo and the tagline 'Together we can influence Change'. Below this, it lists a 'WEEKLY SCHEDULE' for the week commencing 18/05/2020. The schedule is organized by day of the week (M, T, W, TH, F) and lists activities such as 'Tea and Chat', 'Knit and Natter', 'Mindfulness', 'Star Trek Netflix Watch-a-long', 'Quiz', 'Peer support and mutual aid', 'Poetry', and 'Colouring and Company' with their respective times. At the bottom, it includes contact information and a note that all sessions are virtual on Zoom.

Day	Activity	Time
M	Tea and Chat	1.30pm
T	Knit and Natter	1.30pm
T	Mindfulness	4.30pm
T	Star Trek Netflix Watch-a-long	5pm
W	Quiz	1.30pm
TH	Tea and Chat	2.30pm
TH	Peer support and mutual aid	4.30pm
TH	Star Trek Netflix watch-a-long	5pm
TH	(W)hole in the Soul	7pm
F	Poetry	1pm
F	Colouring and Company	2.30pm

**Age UK in Herts** can support you if you are feeling anxious. They have some great support and advice for mental health during self-isolation. There are numbers to call for people to talk to and lots activities to try. <https://www.ageuk.org.uk/hertfordshire/our-services/coronavirus/self-isolation-and-your-mental-health/>

**Especially for men, JOCA - Just One Click Away** has been set up by Welwyn Rugby Club, this local mental health service provides support, guidance and a friendly ear, especially for men. Email: [joca@welwynrfc.co.uk](mailto:joca@welwynrfc.co.uk) 24/7 <https://jocarugby.co.uk/>

#### Round the clock access to mental health support

People experiencing a mental health crisis can now access support 24 hours a day, 7 days a week. By calling Hertfordshire Partnership University NHS Foundation Trust (HFPT) either on 0300 777 0707 or by phoning NHS 111 and selecting 'option two', people can speak to a mental health professional about their worries.



## KEEP LEARNING.....New acts of kindness

**Mind in Mid Herts** is also pleased to announce that they are providing another set of their online 'Living Well' Courses. These courses equip people with the understanding and tools that they need to manage their mental health in everyday life; covering how to deal with stress, anxiety, depression and sleep.

Don't Sleep on Your Mental Health 

Tuesday 19th Sleep workshop: 5.30 - 8.30 pm	<b>Mental Health Awareness Week</b>	Thursday 21st Sleep workshop: 1 - 4 pm
Wednesday 20th Wear your Pjs or fancy dress all day & donate £1		Friday 22nd Laughing Yoga on Facebook Live 10.30 am & donate £1 to join
'Create your own dream catcher' online workshop 1 - 2pm & donate £1 to join		Any day you like Design your own rainbow & post it on our Facebook Page & be in with a chance of winning a prize!

Mind in Mid Herts' Living Well courses are FREE to use and are run on Zoom over a four week period. For more information and to book onto the courses, visit their website:

[www.mindinmidherts.org.uk/training-and-workshops/courses-workshops/living-well/](http://www.mindinmidherts.org.uk/training-and-workshops/courses-workshops/living-well/)

It is well documented that gardening and walking in nature is good for your mental health. If you love nothing better than walking in wonderful vibrant gardens and are going miss the **Chelsea Flower Show** and all it has to teach about new garden designs then you are in for a treat. Chelsea Flower show has gone virtual. Follow the link below and feast your eyes <https://www.rhs.org.uk/shows-events/virtual-chelsea>

Learn to Spot the Signs and Save lives with **Spot the Signs**, an organisation set up to help train people to spot the signs of mental health and those at risk of suicide and to raise awareness. Developed by the Hertfordshire Partnership Foundation Trust (HPFT)

<https://www.hpft.nhs.uk/information-and-resources/spot-the-signs/>



## TAKE NOTICE... Make someone feel special!

**Herts Independent Living** are helping residents to stay healthy and happy and independent. There is so much help for all ages with specialist support and activities for those with dementia to stay happy. <https://hertsindependentliving.org/stay-happy/>

**Trestle Theatre Company** in St Albans have now released a series of drama challenges and mask making workshops online if you want to get your creative juices going whilst at home! <https://www.trestle.org.uk/creativity-through-covid19>

If you or you know someone who is struggling with mental health who is hard of hearing or Deaf take a look at the great mental health and wellbeing personal plan **Sign Health** now have available; <https://signhealth.org.uk/health-wellbeing/the-about-me-plan/>



## GIVE... Do something kind for a friend, or a stranger.

Our amazing **Mind in Mid Herts** Charity is supporting our front line workers by offering free online course in wellbeing and mindfulness. Register for your course today; <https://www.mindinmidherts.org.uk/training-support-for-front-line-workers/>

Join in with the **Big Herts Quiz** on Thursday 28<sup>th</sup> of May to raising money for the **Herts Young Homeless** Charity that support homeless young people by providing mental health support as well as other stuff. April's quiz helped to raise £900.00. Come on have a go!

<https://mailchi.mp/716cbf7b977e/an-update-from-herts-young-homeless>

Share those acts of kindness with the **Volunteering Oscars!**

Do you know someone who does a lot for the local community? It could be a friend, family member, a volunteer you work with or even a local business. Why not show your appreciation by nominating them for a **Volunteering Oscar with Communities 1<sup>st</sup>**.

<https://www.communities1st.org.uk/volunteer-oscars>



## BE ACTIVE.....there's lots to do out there !

If you are finding the time to walk and have been exploring the footpaths in the beautiful weather, then take a look at **Hertfordshire Healthwalks**. They want to hear from you about where and how far you have been walking for National Walking Month. They are also asking people to share photos of their walks on [#HertsHealthWalk2020](#). To find out more sign up to get their fantastic E-Bulletin; <https://email.hertfordshire.gov.uk/5ESZ-76VR-871M793L83/cr.aspx>

If you are a carer and would like to learn yoga to relax and rejuvenate then the **Herts Mind Network** are offering free yoga classes for carers online just follow the link and sign up; <https://www.hertsmindnetwork.org/online-groups-activities>

**Herts Disability Sports Foundation** are offering some unique and gentle online dance and fitness classes and even an online disco to have with your friends. If you are interested its free all you need to do is register by following the link;

<https://www.hertsdisabilitysportsfoundation.com/online-sessions-1>



For Government advice on Health and Wellbeing during the Covid19 Pandemic please follow this link; <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

If you would like to take part in our resident's Covid19 pandemic health survey then please follow the link <https://surveys.hertfordshire.gov.uk/s/residentshealthsurvey/>

### Contact us

If you would like to contact the Healthy Hub Team with an enquiry regarding the Welhat Healthy Hub Website or you have a Health and Wellbeing news item for our news page then please email us on [healthyhub@welhat.gov.uk](mailto:healthyhub@welhat.gov.uk)

The Healthy Hub Team will aim to get back to you within 3 working days.