

Healthy hub

Welwyn Hatfield

Health and Wellbeing Hub

Welcome.

Your one stop shop, supporting you and signposting you to your amazing local and national health and wellbeing services. We are currently sharing health and wellbeing information to support you through the Covid19 pandemic and this issue we are featuring **Love Parks Week** and **Mandela Day** on the 18th July.

Mandela Day 18th July



Mandela Day is celebrated on 18th of July every year to honour Nelson Mandela and his achievements towards conflict resolution, democracy, human rights, peace and reconciliation.

The overarching objective of Mandela Day is to inspire individuals to take action to help change the world for the better, and in doing so build a global movement for good. Ultimately it seeks to empower communities everywhere.

In 2020, Mandela Day will be the day to share the successes achieved and the lessons learnt by communities as we battle this pandemic, and its effect on those less fortunate than ourselves. Just follow this link to access activities and resources for the day.

<https://mandeladay.com/>

“It’s in your hands to make the world a better place.” Nelson Mandela

Supporting Links in Hertfordshire have been supporting families that are struggling with life by offering advice and courses to help them parent. Supporting Links have developed three talking courses to enable healthy happy families. If you would like to find out more or sign up please follow the link;

<https://www.healthyyoungmindsinherts.org.uk/sites/default/files/content/SL%20AUTUMN%202020%20Half%20Term%201.pdf>



Healthyhub@welhat.gov.uk

Love Parks Week 12th of July to the 21st of July



During lockdown parks have never been more important, as we have been social distancing and isolating people have spent time than ever in their local parks and open spaces. **Keep Britain Tidy's Campaign Love Parks Week**, aims to encourage parents to spend more time outside with their children as we move out of lockdown. **Love Parks Week campaign** is now seeking to address the rising issue of anti-social behaviour in our parks by launching a new summer-long campaign to reduce anti-social behaviour in parks - Follow the link to find out more; <https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week>

Welwyn Garden City and Hatfield Big Summer 2020 is back!



Big Summer is back, and will be taking place between 1st-23rd of August across the borough of Welwyn Hatfield in our parks and green spaces. There will be a wide range of fun activities taking place for children, teenagers and families to get involved in. You can find lots of places to go and things to do - from arts and dance to sports. Follow this link to access the event list; <https://one.welhat.gov.uk/event-search?pref2=all&postf1=17467&s=date#eventsearch>

If you are a local organisation, sports club or community group and holding an event or activity between 1st-23rd August, follow the link; <https://one.welhat.gov.uk/bigsummer> and complete the activity form and email it to play@welhat.gov.uk along with a full risk assessment by **Friday 24th July**

Picnicking in the park by Liz Paffley

Parks are important to us all, giving us the freedom to relax, enjoy nature and burn off some energy. **Love Parks Week** is the perfect time to celebrate our local parks and what better than to enjoy a healthy picnic at the same time? The enclosed healthy recipes offer some alternative ideas to the usual sandwiches and why not get the children to join in with the preparation? One of the best drinks you can offer a child to help stay hydrated is water. How about jazzing water up with the enclosed water recipes? Just click on the link to access the recipes;

https://one.welhat.gov.uk/media/16742/Love-Parks-Week-Recipes/pdf/Love_Parks_Week_Recipes.pdf?m=63730334613290000

And finally..... Don't forget to take all your rubbish home with you



CONNECTwith wildlife and nature with a picnic in the park!

Hatfield House



Visit Herts website has identified some fantastic picnic spots across Hertfordshire. So why not follow Liz Paffleys picnic recipes on page 2 and take some time to connect with your local nature spot whilst picnicing

Just follow the link; <https://www.visitherts.co.uk/visit-herts-blog/top-picnic-spots-in-hertfordshire/>

Don't forget about **Viewpoints 'Lunch and Fun' picnic** in Hatfield on the 23rd of July, there are 7 spots left! Enjoy meeting new people (socially distanced of course) with a picnic provided by Viewpoint. Click the link to book your place: <https://www.eventbrite.co.uk/e/lunch-fun-hatfield-tickets-112209872750>

LUNCH AND FUN

With funding from the National Lottery Community Fund, we are able to offer five lunch time picnics! The first picnic will take place in Howe Dell Stream Woods. This will involve a socially distanced walk meeting at Pearl Statue, White Lion Square, Hatfield, AL10 0JY and a picnic provided by Viewpoint.

The 'Lunch and Fun' sessions are people with a lived experience of mental health challenges and will take place in: Hemel Hempstead, Stevenage, Ware, Watford and Welwyn Garden City.

[Lunch & Fun - Hatfield Tickets,](#)
[Thu 23 Jul 2020 at 11:30 |](#)
[Eventbrite](#)

Eventbrite - Viewpoint presents Lunch & Fun - Hatfield - Thursday, 23 July 2020 at Howe Dell Stream Woods hatfield, Hatfield, Hertfordshire. Find event and ticket information.

www.eventbrite.co.uk

For those living with a perpetrator of domestic abuse, life may have become especially difficult during lockdown. **Herts Sunflower** is a Hertfordshire service supporting people who have been or are being abused or know someone who is. Dedicated support is still available; **Call 08 088 088 088** or follow the link to find out more; <https://www.hertssunflower.org/herts-sunflower.aspx>

The Dementia Friendly Community Café offers a safe, welcoming atmosphere for those who require stimulation, social engagement and can help those who are lonely, vulnerable or require interaction with others. Why not join them on a Tuesday, twice a month from 11.00am until 2.00pm at Digswell Village Hall including guest speakers, fun activities, arts & crafts and social interaction along with support for those who are caring for a loved one. Refreshments are available at affordable prices. Call Jane on 01707 240 650 or email me jane.andrews@homeinstead.co.uk
www.homeinstead.co.uk/welwyn



Five Key Messages for Health and Wellbeing Outdoors

KEEP LEARNING..... to connect with nature



Taking a moment to notice the shapes of the clouds, listen to the birds or watch butterflies and bees can encourage mindfulness and improve our wellbeing. According to the **Noticing Nature report** released in partnership with the University of Derby many adults and children don't often make these kinds of positive connections to nature. But those that do are more likely to say they are happier than the rest of the population. As part of **Love Parks Week** we are encouraging everyone to get outside and connect with nature. If you need a little help or want to practice some mindful activities in nature just follow the link to the **National Trust weekly guide to nature**;

<https://nt.global.ssl.fastly.net/documents/national-trust-noticing-nature-week-by-week-guide.pdf>

HAFLS now taking bookings for September courses, delivered online in real-time!

Hertfordshire Adult & Family Learning Service have announced a range of courses that are now live and available to book via their website.

Whether you want to discover the world of poetry or learn more about becoming a Midday Supervisor or Classroom Assistant, there's a course for you so take a moment, visit the site and browse the range of courses, starting from just £15.

www.hertfordshire.gov.uk/haflescourses



A guide to good nutrition in the over 65's

People over 65 can be more susceptible to malnutrition if they live on their own or are residents in nursing care homes. Recent research has shown malnutrition in the older generation is high during isolation. This good nutrition guide created by the **Association of UK Dietitians** offers simple ideas and recipes for the older generation to follow; <https://www.bda.uk.com/uploads/assets/0ea31c9d-5eb0-4c9d-bf4f13b2b0c72947/guidetogoodnutritioninolderage-1.pdf>

Since lockdown staff and volunteers at **Age UK in Hertfordshire** have been learning new ways to continue to support their clients with essential provisions and keep up their morale. Watch this short video to see how they have got on; <https://www.ageuk.org.uk/hertfordshire/>



GIVE...to your countryside

“ Make a difference to others and help improve the area where you live ”



Countryside Management Services offers eight different volunteering opportunities in the Hertfordshire countryside. If you love the countryside and want to look after it, or just want to be more active and socialise more then keep an eye on the Countryside Management Services website as they are looking at ways to start their programmes again ensuring that everyone stays safe whilst volunteering; <https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/countryside-management/volunteering/countryside-management-service-volunteering.aspx>

Herts Wildlife Trust has faced many challenges during the Covi19 Pandemic and are currently expecting to lose a huge part of their funding annually. If you want to support Herts Wildlife Trust to protect local wildlife, nature reserves and support training and activities for schools and business then follow the link to find out more about, joining, donating or volunteering with them; <https://www.hertswildlifetrust.org.uk/>



Ventura Wildlife in Great Amwell and Enfield offer wildlife based services; Animal Encounters (dedicated to bringing people closer to animals), Cinemagic (animals for film and documentaries), Zoological Services (global animal transport & zoological consultancy and Zoological Gardens all need your support to preserve some of the planets most fragile species and their natural habitats. If you would like to volunteer with them or find out how you can help follow the link; <http://venturawildlife.co.uk/animal-sponsorship/>



Are you good with technology?
Are you good with people?

Why not become an IT volunteer and help older people become more confident online!

What would I receive?

- Training delivered by our Information & Advice Team
- Ongoing support and regular training available to develop new skills
- On hand volunteer resources available 24/7 via our website
- The chance to change lives of older people in your local community

For more information please contact our team on:
Tel. 01707 386 067
Email. volunteering@ageukherts.org.uk
www.ageuk.org.uk/hertfordshire/get-involved/volunteer/



Age UK Hertfordshire are looking for Volunteers who are good with IT and good with people to help older people to become more confident online.

You will receive training and ongoing support. If you would like to opportunity to help change people's lives please email volunteering@ageukherts.org.uk or call their office on 01707386067



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TAKE NOTICE..... our parks and wildlife need you!



Park Herts website is a fantastic place to find all the information you need on Hertfordshire parks and greenspaces. Their message to the public at the moment is **Respect, Protect and Enjoy** the countryside to ensure we can all enjoy the glorious countryside in a safe and responsible way. If you are unsure of the current government guidelines for being outside in parks and greenspaces then follow this link, they also have some great details on local parks; <https://www.parksherts.co.uk/c/2020/06/05/respect-protect-enjoy/>

Since lockdown started so many people have been growing their own vegetables. **The National Allotment Society** are now running a competition for their National Allotment Week in August since there are concerns we may still be in lockdown and events may be unable to run. The theme is **Growing Food for Health and Well-being**, a reflection of the many benefits of growing, cooking and eating your own fruit and vegetables. They are asking plot-holders to enter their NAW Competition to produce videos and storyboards about their allotment story. Follow the link; <https://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>



Hedgehogs need your help! Every year many Hedgehogs are seriously injured and killed by garden strimmers and garden cutting machines. Hedgehog rescue centers are urging people to check before they trim or mow the lawn or even rewild areas of the garden as they are seeing a big rise in hedgehog injuries this summer. If you want to find out more about these amazing creatures you could take part in **Hedgehog Streets Hedgehog After Dark** campaign, take a look at some of the great videos of hedgehogs after dark; www.hedgehogstreet.org/hadsleeping/



BE ACTIVE.....walking, running, playing games, picnicking in our parks- Return to Play

Sports England are happy to share the news that the government has approved the restarting of outdoor sports, within social distancing guidelines, as well as play grounds from **4th of July**, outdoor pools from **Saturday 11 July**, while from **Saturday 25 July**, indoor facilities such as gyms, leisure centres and pools will also be allowed to reopen, provided operators follow government guidelines. Follow the link to find out more; https://www.sportengland.org/how-we-can-help/coronavirus/returnplay?utm_campaign=LFTP%20090720%20RTP%20solus&utm_medium=email&utm_source=CMA_SPORT%20ENGLAND&utm_content

The NHS Walking for health advice is a great read for those of us who need a little support and guidance to become more active. They advise that as little as 10 minutes a day is enough to bring lots of health benefits. There are links to apps to motivate you and advice on how to incorporate walking into you daily routine. Just follow the link to find out more; <https://www.nhs.uk/live-well/exercise/walking-for-health/>

So now our outside sports facilities are open why not take a walk around our local parks and find out what's going on. **Stanborough Park** has so much to offer, fishing, water sports, nature trail, model boating lake, pedal boating. Just follow the link to see what you are missing; <https://www.parksherts.co.uk/parks/view/stanborough-park>

Panshanger Park is a 1,000 acre park between Welwyn Garden City and Hertford. Panshanger Park is made up of habitats including woodlands, wetlands, grasslands and reedbeds making it a fantastic refuge for a huge variety of wildlife. During the spring and summer months, a multitude of wildflowers, butterflies, dragonflies and birds brings the park to life. **Walking in Panshanger Park** there are lots of trails to enjoy at Panshanger Park that take in the best of the park - from the Great Oak to the Dragonfly Trail and many more besides. Follow the link to find out more; <https://www.hertswildlifetrust.org.uk/panshanger-park>

Home Fitness Herts are offering some new fitness course to be done at home. Balance classes (standing class) and strength classes (these can be performed seated or standing), plus 2 classes using a theraband (can be performed seated or standing). These classes are designed to strengthen the leg and hip muscles and improve your balance. The classes are £1.50 per person, per ½ hour. Contact Suzina Blackman via email: suzina@homefitnessherts.co.uk or on 07930 302 102 or just click on this link to find out more ; <https://homefitnessherts.typepad.com/blog/2020/07/12-hr-balance-strength-classes-on-zoom.html>



Check out the current government guidelines for Covid19 and accessing green spaces safely; <https://www.gov.uk/guidance/coronavirus-covid-19-advice-on-accessing-green-spaces-safely>

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 and Bulletin then please email us on healthyhub@welhat.gov.uk **The Healthy Hub Team will aim to get back to you within 3 working days.**



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