

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



This is the first edition which is packed with lots of information about health and wellbeing services in your community. We talk about the support available to you during the COVID -19 crisis and we will provide tips on how to look after your physical and mental health during this difficult time.

In this Newsletter:

- COVID-19 Support
- General Health and Wellbeing Updates
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## Hub Partners and their services during COVID 19

### Citizen Advice St Albans District:



Citizens Advice St Albans gives advice and support to everyone about everything. Whether you are struggling to pay bills, need to claim welfare benefits, have been laid off by your employer, are experiencing the breakdown of your relationship or are worried about getting refunds for booked events. We have lots of staff and volunteers working from home to help you during COVID-19.

There are lots of ways to get our help.

1. Call Citizens Advice St Albans on 01727 811118 between 10am – 4pm Mon- Thurs & 10-1 Friday. We'll take your details and an adviser will call you back.
2. Visit our local website [castad.org.uk](http://castad.org.uk) for local webchat and email advice
3. Visit the national [Citizens Advice website](http://Citizens Advice website) for online advice or to chat online to an adviser
4. Call Hertfordshire Adviceline, on 03444 111 444, or 03000 3300 650 from a mobile.
5. Get help with a new claim for Universal Credit by calling the Universal Credit Help to Claim line on 0800 1448444
6. Call Citizens Advice consumer helpline on 0808 223 1133, for advice on consumer issues (e.g. issues related to products or services you've purchased)

## Communities 1<sup>st</sup>:



Communities 1st aims to develop and promote a healthier and more thriving community by supporting and enabling people to become more actively involved in the community.

In response to the COVID-19 outbreak Communities 1st is working in partnership with many organisations to establish the Compassionate Community Connector programme. A voluntary programme which is designed to respond to and support vulnerable people in our community, who are in isolation.

There are many roles that could suit you, for example: shopper order takers/pickers, dog walkers, digital champions and [many more](#).

Whether you sign up to help someone remotely, digitally or physically the outcome is the same: the person in isolation, would no longer feel so alone and vulnerable and they will be more reassured that someone cares for their wellbeing.

If you know anyone who needs help whilst isolated in this time of crisis, they (or someone on their behalf) can request our help by visiting [www.communities1st.org.uk/Covid19support](http://www.communities1st.org.uk/Covid19support) to fill out our online form.

They can also call 020 8207 5115 or email [Help@communities1st.org.uk](mailto:Help@communities1st.org.uk).

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## Mind in Mid Herts:



We are supporting people with mental health problems on the telephone and on-line with social support groups - 2 are running each day. We are keen to support people to manage stress during this current coronavirus pandemic and prevent the possibility of people developing mental health problems.

**in Mid Herts**

We have developed new digital wellbeing courses;

Our 'Living Well' courses; Feeling well to reduce depression and sadness; Learning to relax to manage stress; Building Courage to overcome anxiety and we have a sleep workshop.

All on-line giving all the benefits of face-to-face support but in peoples own home.

Each group will be no more than 16 participants and facilitated by our experienced workers at MIMH. Each course will be 90 minutes once a week over 4 weeks. Open to All.

Sign up: <https://www.mindinmidherts.org.uk/support-for-you/digital-courses/>

Contact us for support: 01727 865070; online on our website [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk) click on self-referral or email [admin@mindinmidherts.org.uk](mailto:admin@mindinmidherts.org.uk)

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## St Albans Outreach:



During the period of lockdown and closure of the Hub The St Albans Outreach Service continues to support men and women experiencing difficulties at home offering telephone advice and information.

Referrals should be made to Safer Places Gateway on 03301 025 811

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## Herts Help:



Herts Help have increased their hours 8am – 8pm and is now a 7 day service. The Hospital and Community Navigator Service continues to provide support to the community.

Due to the current COVID-19 crisis, we have extended our support to include emergency food parcels for vulnerable people who may be in self-isolation and unable to go out to purchase essential shopping themselves.

The support we continue to provide is anything from emotional support, welfare calls, emergency food parcels, hospital discharges and onward referrals to agencies who can assist with volunteer services for essential food shopping, prescription collections and befriending to reduce isolation during this challenging time.

Call us on **0300 123 4044** or email [info@hertshelp.net](mailto:info@hertshelp.net)

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## Hertfordshire Asian Women's Association:



HAWA is a non-profit organisation, our goal is to create unity, understanding and empowerment of women in the Asian and BAME community by bridging the gaps in our society.

HAWA is committed to helping and supporting the Asian and BAME community in these very challenging times. We are available to give telephone and email support to those who need it.

We can provide practical advice and signpost for those who are struggling with day-to-day things like debt advice, tenancy issues, benefits, loneliness, shopping etc. We have staff available to help who can help who in the following languages Urdu, Bengali, Hindko, Punjabi, Pahari and Moroccan.

We can be contacted via our webpage: [www.hawaherts.co.uk](http://www.hawaherts.co.uk) Email: [hub@hawaherts.co.uk](mailto:hub@hawaherts.co.uk)  
Phone: Mondays – Zia 07950490029 Wednesdays – Farhat 07775460963  
Fridays – Rubeca - 07401079970

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## Thrive Young Person's Clinic:



The 'thrive' young person's service is coordinated through GP practices. It is a confidential service, where young people can be seen with or without their parents. Our GPs are specially trained to work with young people and can provide support and advice with any physical, mental or sexual health matter.

A recent Young Minds survey showed that 83% of under 25s with mental health illness reported that the pandemic had made their mental health worse. Click [here](#) for a good resources to support the mental health of young people during this challenging

Given that, we felt it was important to keep the 'thrive' Young Person's weekly Thursday afternoon clinics running as telephone appointments to address any arising need. If you know someone who needs an appointment, we stress any young person with a GP in the district can contact their GP Practice and ask to book an appointment in the YPC.

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## St Albans District Credit Union:



St Albans District Credit Union has had to close its office in Holywell Hill in order to protect our members and volunteers. We are however continuing to provide a remote service to our members during this period, including the electronic transfer of savings to bank accounts and to the Engage prepaid debit card. We are unable however to handle cash withdrawals or accept cash deposits.

We are regularly monitoring emails and calls:  
[office@stalbanscreditunion.co.uk](mailto:office@stalbanscreditunion.co.uk) 01727 859135.

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## Beezee Bodies:



BeeZee Bodies run healthy lifestyle programmes for children & families and are offering support to and staying well connected with current participants and families booked onto future programmes via webinars, videos, telephone 1-1s, WhatsApp and a dedicated [Facebook group](#).

Connect with like-minded people, speak to nutritionists via live Q and As, cook-alongs, workouts and more. Referrals and self-referrals can still be made [here](#).

For more information email [info@beezeebodies.co.uk](mailto:info@beezeebodies.co.uk) or phone 01707 248648

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## The Living Room:



We are pleased to say that we are successfully delivering daily group therapy sessions to over 50 of our clients using Zoom, a video calling platform. This means that the only significant change to our therapy programme is where you sit when you take part!

Our crèche is still delivering their services via Zoom – story time, number work, yoga, relaxation and more! We're still here – get in touch via our [contact form](#).

We are still taking calls. If it's an urgent query – from 9am to 12.30pm you can call the Stevenage team (07383 393 459), St Albans (07990 112 033) and (01923 590 159)

All three centres are closed, including the Stevenage Crèche – we understand that not being able to visit the centres is difficult but we're doing everything we can to help over the phone and online. We're continuing to work closely with all professionals to make sure our clients have everything they need. We are committed to our safeguarding responsibilities and urge you to keep us up to date as usual.

Times are tough and they are now even tougher for people with addictions. Even though we're not currently accepting new referrals, if you work in health or social care and have mutual clients with us please do stay in touch.

We hope to start taking new referrals from **April 7th** and to start new assessments on **April 14th**. In line with the rest of our service, we will conduct these 1-1s remotely using Zoom.

Check The Living Room [website](#), [Facebook](#), [Instagram](#) and [Twitter](#) for more updates and messages.



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## 1Life:



Following guidance issued by the government regarding the containment of the COVID 19 virus, 1Life leisure centres are currently closed and will remain closed until further notice. This also includes the postponement of mini health MOTs held in the Hub.

However, the 1Life team are managing the [Isolation Arts Café on Facebook](#), so pop by to brighten your spirits!

1Life are still providing workout exercises that can be done from your living room. Stay active with a 1Life at home membership for just £9.99. Sign up [here](#)

This monthly payment includes:

- Les Mills on Demand – over 800 classes per week including BORN TO MOVE kids!
- TrueCoach - Classes, workouts, & nutrition plans from the 1Life team
- 20% off home workout equipment
- Discount on MyZone belts and entry into the MyZone global challenge

LES MILLS On Demand - Work out at home with Les Mills workouts - [Check out this video](#)

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## GamCare:



We understand that many of our service users will be worried and concerned about COVID-19 (coronavirus). Please be assured that our services are still open, and we offer both telephone support and online support for anyone affected by problem gambling.

The National Gambling Helpline is open 24 hours every day on [Freephone 0808 80 20 133, or you can live chat with us.](#)

We appreciate that these are unusual times and for some people coping with the stress of this and self-isolation may increase urges to gamble. Please contact [GamCare Hertfordshire](#) for help and support if this is the case – we are here if you need us.

All new assessments for clients into GamCare Hertfordshire will be held over the phone. We will be in touch with all current clients to arrange ongoing telephone support. If you would like to have a chat about what might work best for you, please give us a call on 0143 848 7003. If you would like to register for online (video) treatment [please click here](#).

Our [Forum](#) is also available throughout the day and overnight to connect you to others in similar situations so that you can seek and share support. We are also providing [chatroom sessions](#) twice a day and are planning to increase these to provide additional support.

Additionally, our [GameChange course](#) is available for those who would like to work through an online course, supported by regular contact with a GamCare therapist.

We also have more information available on blocking software and self-exclusion, plus self-help resources: <https://www.gamcare.org.uk/self-help/>

# General Health and Wellbeing Updates

## Staying Active

### WorkOut from Home

WorkOut From Home is the starting point to learning how you can WorkOut your Body, your Mind and What'sNext.

It includes a downloadable, editable tracker for you to use to keep the whole family's activities scheduled on.

[Download it](#) and make changes on any device, or print and pop up in the kitchen where everyone will see a daily reminder!



### Get fit with Joe Wicks!

Joe Wicks, The Body Coach, is bringing free P.E. workouts to your living rooms!

Every morning (Mon-Fri) at 9am Joe is hosting a free 30-minute workout live on his YouTube channel.

Great for all kids ... even teenagers and adults are getting involved!

Click [here](#) to join in with the fun!

### Yoga at Home

Yoga with Adrienne offers free yoga classes to do at home via [Adrienne's website](#) and [Youtube](#).

There's a large collection of yoga videos to suit all, whether it's to strengthen your muscles, lose weight or whether you need a helping hand to re lax.

The whole family can get involved, in pets!





## Get running!

Sign up to the [Couch to 5k](#), a running plan for absolute beginners which will get you gradually working towards running 5k in 9 weeks.

Running has amazing benefits for your physical and mental health, [74 benefits are listed here](#).

Each week you can download a podcast to help keep you motivated!

Connect with likeminded people on the forums by downloading the app.

## Dance with Oti

Strictly Come Dancing star Oti Mabuse is providing daily dance lesson for kids at 11.30am.

Watch on her [Youtube](#), [Facebook](#) and [Instagram](#) accounts, so you can shake your hips and build up those appetites for lunchtime.

Get the family boogieing!



## Healthy Eating



For a list of food filled with nutrients that help strengthen your immune system click [here](#).

For healthy and tasty recipes check out on [BBC GoodFood](#) and [Change4Life](#).

Plus have a look at the [batch-cooking](#), [slow cooker](#) and [store cupboard](#) recipes.

If you want to plan your meals a week at a time use this great weekly [meal planner](#).



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## Looking after your Mental Health

### Every Mind Matters

On Every mind Matters it shares expert advice and practical tips to help you look after your mental health and wellbeing during these uncertain times.

If you are worried about your mental health during the coronavirus outbreak The [Samaritans](#) are available 24 hours a day, everyday for a free chat. **Call 116 123.**



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### Join the Stay at Home Choir!

Whether you're an amateur or professional, why not sing along with the rest of Great Britain!

A new song is released on [Gareth's Youtube](#) channel each week and live performances on his [Instagram](#).

Register [here](#) for more info!

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### Watch fantastic plays at home!

The National Theatre are live streaming plays every Thursday night, which will be free to watch on [Youtube](#) for a week after.

These plays can be fun for all the family and possibly even useful as a bit of English revision.

The first play to be streamed is the comedy hit is Official One Man, Two Guvnors which stars the one and only James Corden!

Every week there is a different play to watch!







## Virtual tours around the world!

Do you fancy visiting a world landmark in your very own front room?

The amazing sights you could see include: Machu Picchu, the Pyramids of Giza and the beautiful Taj Mahal.

To explore these sights and more visit [here](#).

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## What to do when self -isolating over the Easter Holidays



The current situation may mean we can't get out to enjoy the outdoors during Easter but there are plenty of activities for children and families to take part in together at home.

Check out this [post](#) for some idea inspiration!

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### 10 Simple Easter Crafts

Worried about how to keep your children occupied during lockdown?

Encourage children to put the games consoles, phones or tablets down so they can become creative

Here are [10 simple Easter crafts](#), including Fingerprint chicks, Easter mobiles and cotton wool lambs!



Contact Us:

Check Out [St Albans Healthy Hub Facebook Page](#)

Email [Healthy.Hub@stalbans.gov.uk](mailto:Healthy.Hub@stalbans.gov.uk)

Visit <https://www.stalbans.gov.uk/hub-partner-services>