

Healthy hub Welwyn Hatfield

Oct 2023

Stoptober is here!

When you stop smoking good things start to happen!
Join the thousands of smokers quitting from 1 October.
Quitting smoking is much easier with the right support. See how we can help you quit for good.
Find out more at: www.nhs.uk/better-health/quit-smoking/



Give your health a head-start this winter



Give your health a head-start this winter
If you or anyone in your family are entitled to a free flu vaccine and/or Covid-19 booster, please take up the offer as soon as possible.
GP practices will contact eligible people when it is time for you to come forward for your vaccinations.

Those eligible include care home residents, those aged 65 and over, those aged 6 months to 64 in clinical risk groups, frontline health and social care workers, those who are carers of an older or disabled person and pregnant women.
Help your child to stay healthy this winter by making sure their immunisations are up to date, including the flu vaccine. Flu can be horrible for young children and they can also spread it to others more vulnerable.

What's going on locally in October?



Don't miss out on Movement for Memory every Wednesday morning at Hazel Grove Community Centre.

To book your space please email: info.imaginationarts@yahoo.com or call: 07394 9344911

A Job Fair aimed at people with learning and physical disabilities is being held at Oaklands College on 5 October. Don't miss out on meeting local employers and job opportunities.



To celebrate Black History Month a community event is to be held on 12 October. The theme of this years event is 'Saluting our Sisters' and '#wematter'. Welwyn Hatfield Borough Council are looking for young artists to showcase their artwork. To find out more or to submit your artwork please contact: communitypartnerships@welhat.gov.uk

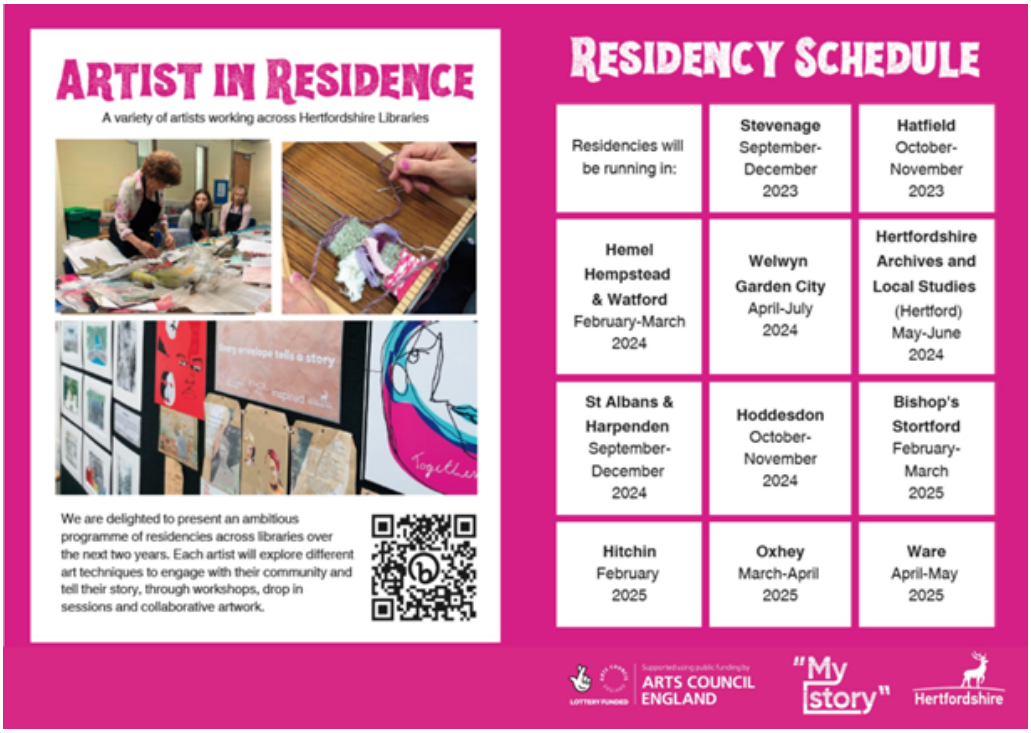




Alzheimer's Society is raising money and awareness with a 3km walk through Welwyn Garden City Town Centre.

The walk is accessible and there's no need to register, just turn up at WGC Library at 10am Saturday 14 October.





Come and drop in Hatfield Library this October-November for some amazing art workshops and sessions from local artists from across the county.



Reading Well for teens is the latest in our Reading Well collections of self-help books. Reading Well for teens titles provides information, advice and support for 13-18 year olds to help them better understand their feelings, handle difficult experiences and boost. The booklist caters for a wide range of reading levels to support less confident readers and suggests useful self-help techniques; there are also personal stories, graphic books, and fiction.

The books promote mental wellbeing and help to break down common misconceptions and barriers around mental health issues and topics such as body image, neurodiversity, sexuality and gender identity, and difficult experiences including bereavement and bullying, as well as social pressures. Books from Reading Well for teens can be borrowed from any Hertfordshire Library.

Home Instead

A Dementia Friendly Community Cafe

Volunteers needed
call Jane on 01707 240 650

Held at Digswell Village Hall every fortnight
on Tuesdays, 11:00am - 2:00pm



Do you know someone who would benefit from social engagement?

Why not make them aware of this FREE community service! Let them know about our fun activities, arts & crafts, guest speakers plus the place to be in meeting new people. Hosted by Dementia Ambassador Jane Andrews and local trained volunteers.

For more information contact 01707 240 650
of visit facebook.com/dementiacafewelwyn

VIRTUAL DEMENTIA TOUR

B&M CARE HOMES



COMING TO ST ANDREWS CARE HOME
GREAT NORTH ROAD, WELWYN, AL8 7SR

FRIDAY 20TH OCTOBER 2023
TOUR EXPERIENCES: 9.30-11.30AM, 12-2PM, 2.30-4.30PM

IS SOMEONE YOU KNOW LIVING WITH A DEMENTIA? WOULD YOU LIKE A WINDOW INTO THEIR WORLD?

If you've never personally experienced the physical and mental challenges facing those with dementia, it can be difficult to empathise with what is really going on in their minds.

The Virtual Dementia Tour is a unique, interactive training experience that's proven to improve communication and care delivery.

If you really want to understand how to support someone with dementia then come and experience the VDT and walk in their shoes.

There will also be an opportunity on the day to see high quality dementia care in practice with a tour of the home.

Xperience Training Ltd

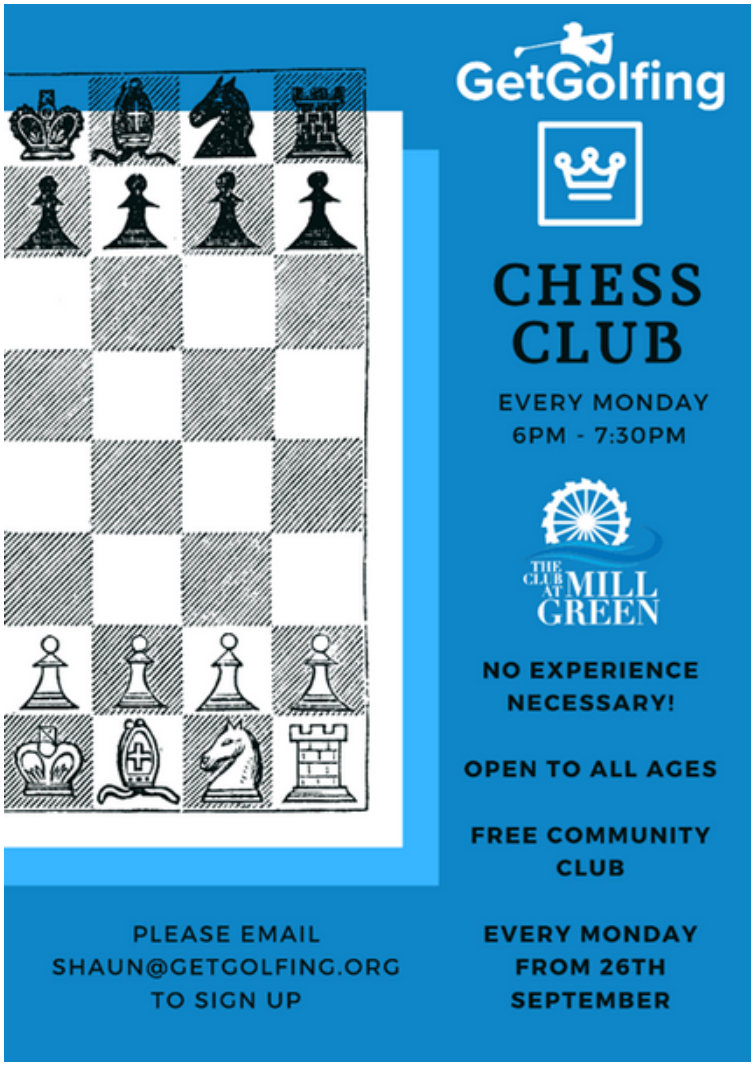
To book your free of charge space please call **St Andrews Care Home** on **01707 324208** or email **standrews@bmcare.co.uk** visit **www.bmcare.co.uk/events**

DEDICATED TO CARING FOR PEOPLE SINCE 1935

St Andrews Care Home is hosting a virtual dementia tour this month. It can be difficult to sympathise with those who have dementia if you do not fully understand what they are going through. The virtual dementia tour is an interactive training experience that can help better your understanding of dementia. To book a free place please call: 01707 3244208 or email: standrews@bmcare.co.uk

Fancy a game of chess?

If you're looking to learn a new skill or to join fellow chess players then why not pop along to Mill Green Golf Club and join their weekly Chess Club. To sign up please email: shaun@getgolfing.org





Herts Ability is offering FREE travel support sessions at home! If you or someone you know are struggling with local travel then a travel support buddy can help!

Call: 01707 324581 or email: hubinfo@hertsability.org.uk for more information.

Looking to develop your green thumb? Then this 6 week growing and cooking course will be perfect for your family! Held every Monday from 16 October, pre-school children and their families can learn about growing and eating fruit and veg at home. Contact Laura Burgess on: 07809 201254 to reserve a place.



This six-week family growing and cooking course teaches families about fruit and vegetables that can easily be grown and eaten at home (whether in a garden, balcony or window box) through supervised gardening and simple cooking sessions.

- Mondays
- 10.30am-12.30pm
- 6 weeks
- 16th October - 20th November 2023
- Creswick Family Centre, Sir John Newsom Way, Welwyn Garden City, AL7 4FL
- For pre-school aged children and their families.

BOOK NOW: https://tinyurl.com/Grow-It-Welwyn
Contact: Laura Burgess
T: 07809 201254
E: laura.burgess@groundwork.org.uk

Thanks to funding from: STEP SKILLS – PREPARE FOR SUCCESS IN HERTS

In partnership with: Hertfordshire Family Centre Service; YMCA Herts • Beds • Bucks OneYMCA.org

WIN an Air Fryer!

Attend our Introduction to Air Frying course for your chance to win!

Come to our session to learn new recipes, and about the health and cost benefits of owning an air fryer.



Spaces are limited so book now!

Thursday 12th October 1pm - 4pm

Woodside House, Welwyn Garden City, AL8 6UL

Any Hertfordshire resident aged 19 and above is welcome to attend this course. Participants are eligible for the draw if they have obtained a D grade or below in their Maths GCSE (or equivalent), or are in receipt of any benefits.

To book your free place, please
Visit: www.communities1st.org.uk/Multiply
Email: training@communities1st.org.uk
or Call: 01707 322125

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Come to our session to learn new recipes, and about the health and cost benefits of owning an air fryer.



Spaces are limited so book now!

Tuesday 10th October 10am - 1pm

Hollier Court, French Horn Lane, Hatfield, AL10 8BX

Any Hertfordshire resident aged 19 and above is welcome to attend this course. Participants are eligible for the draw if they have obtained a D grade or below in their Maths GCSE (or equivalent), or are in receipt of any benefits.

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or Call: 01707 267572

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October pop-up clinics

Are you missing out on free health and wellbeing support?
If you live in Hertfordshire, you can visit your local Healthy Hub for advice, information and support on:



- Losing weight
- Quitting smoking
- Cutting down on your drinking
- Becoming more active
- Getting money advice
- Feeling happier
- And much more.

Find your local hub, see our timetable of sessions and sign up to the latest health and wellbeing updates so you never miss out again: www.healthyhubs.org.uk/localhub

Come and meet the local Healthy Hub team and find out more about the health and wellbeing services available locally.

- Tues 3rd Oct Hatfield Library 11-1pm
- Wed 4th Oct WGC Library 11-1pm
- Tues 10th Oct The Hive Hatfield 11-1pm
- Wed 11th St Johns Church Café Hatfield 11-1pm
- Thurs 12th Birchwood Leisure Centre Hatfield 10.30-12.30pm
- Tues 17th Hatfield Library 11-1pm
- Wed 18th WGC Library 11-1pm
- Thurs 19th Friendship House, Wellfield Close, Hatfield 10.30-12.30pm



one.welhat.gov.uk/healthy-hub

01707 357242 **healthyhub@welhat.gov.uk**