

# Healthy hub

St Albans District

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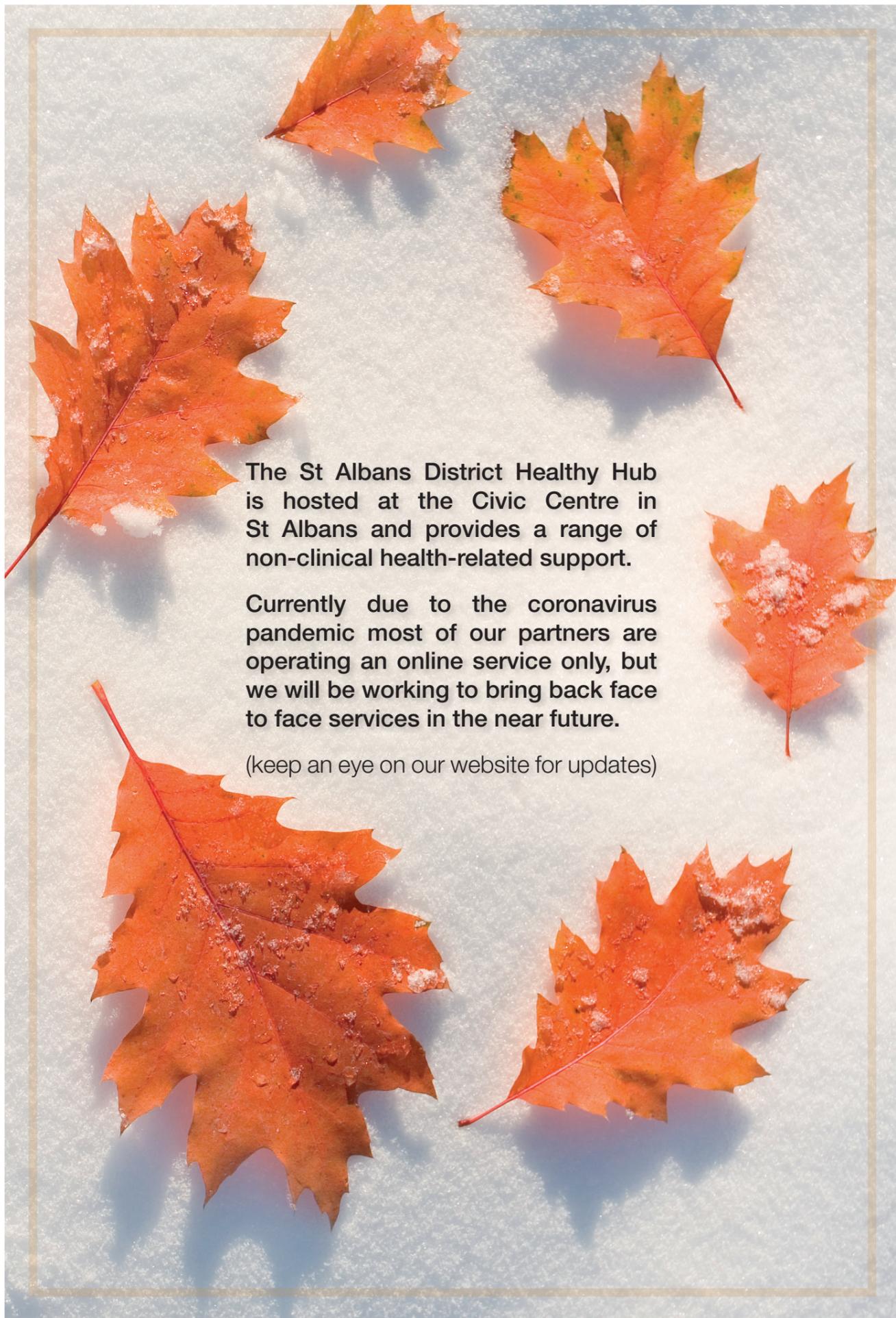
**AUTUMN / WINTER NEWSLETTER 2021-22**

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**St Albans**  
City & District Council





The St Albans District Healthy Hub is hosted at the Civic Centre in St Albans and provides a range of non-clinical health-related support.

Currently due to the coronavirus pandemic most of our partners are operating an online service only, but we will be working to bring back face to face services in the near future.

(keep an eye on our website for updates)

# Healthy hub

St Albans District

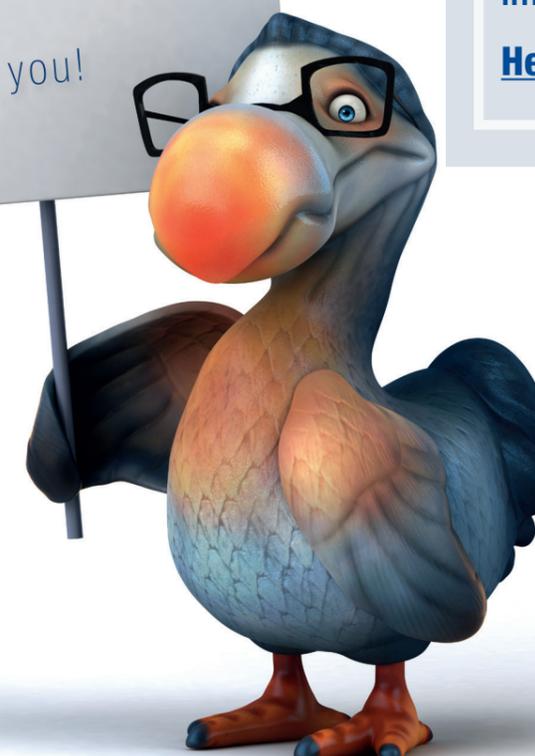
The Healthy Hub is a “one-stop shop” where residents can get help, information, advice and guidance to boost their physical and mental health.

For lots of information about support available to residents, events in the District, and more, read on!

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**Tell us  
how we are  
do-do ing!**

Thank you!



## Newsletter Survey

Please fill out this 60 second survey about this newsletter to help us improve.

[Health Hub Newsletter Survey](#)

### Covid-19: Play your part

With legal limits on social contact now removed, many of us have been enjoying the chance to socialise, take a well-earned break and spend time with friends and family. However, as we return to work, school and other in-person events Covid-19 is continuing to spread throughout our communities.

While cases remain high it is important that we play our part by continuing to take sensible precautions to help limit the spread of the virus.

Thanks to the success of the vaccination programme, the data continues to show the link between cases, hospitalisations and deaths has weakened significantly. Vaccines will continue to be the first line of defence. All those who were vaccinated during Phase 1 of the vaccine programme (priority groups 1 to 9) will be offered booster jabs from this month – boosting immunity among the most vulnerable groups during winter.

Eligible people are being invited by phone, text or letter to get their booster vaccination either by making an appointment through the national booking service or through an invitation to a local GP-run service. There are no walk-in clinics for booster vaccinations at the moment.

For more information about the Covid-19 vaccination programme in Hertfordshire, including local updates clinic locations and up-to-date opening times, visit the [A Healthier Future website](#).

Although many people have been vaccinated, Covid-19 will continue to be part of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others.

It is important that we use personal judgment to manage our own risk. No situation is risk-free, so we can play our part by using our common sense to consider the factors and settings that may increase risk and the actions we can take to reduce infection.

Following the 'Hands, Face, Space, Fresh air' guidance and wearing face masks in crowded places, washing hands more often and taking regular rapid or lateral flow tests before meeting up with others are simple ways in which we can all protect each other.

[Click here to find out more about Covid-19 testing sites in Hertfordshire website.](#)

For more information and the latest guidance on testing and self-isolation, visit the [Government website](#).

### Supporting your recovery after Covid-19

If you feel unwell in the weeks and months after having Covid-19, you may still be recovering from your experience of this illness. New NHS website [Your Covid Recovery website](#) has been launched to help support your recovery – however long that may take.

The virus can affect both your body and mind – and while some of these changes should get better over time, some may take longer than others. Most Covid-19 infections are resolved within four weeks of testing positive, but 'Long Covid' is commonly used to describe signs and symptoms that continue or develop after that recovery period is over. Everyone experiences Covid-19 differently and your rate of recovery is not necessarily related to how ill you felt while you were unwell.

This can be difficult to deal with, but there is help available as you come to terms with the impact Covid-19 has had your life. New NHS website [Your Covid Recovery website](#) has been developed to help you to understand what has happened, what you might expect and things you can do to help your recovery.

Visit [Your Covid Recovery website](#) for expert advice on any symptoms you may still have and support for your wellbeing. **#LongCovid**



Whats on?	
<b>Fireworks</b>	
<a href="#">St Albans</a>	November 6
<a href="#">London Colney</a>	November 7
<b>Christmas Lights Switch On</b>	
<a href="#">St Albans</a>	November 21
<a href="#">Harpenden</a>	November 28
<a href="#">London Colney</a>	November 28
<a href="#">Batford</a>	December 5
<b>Christmas Pantomime &amp; Events</b>	
<a href="#">Santa's Grotto</a>	Starts Nov 20
<a href="#">Childwickbury Christmas Market</a>	Starts Nov 27
<a href="#">Redbourn Christmas Market</a>	Starts Nov 28
<a href="#">Snow White and the Seven Dwarfs</a>	Starts Dec 3

## What's On?

There's plenty to do in the District this autumn and winter! Visit [Enjoy St Albans](#) for the most up to date news about events in the area. [Enjoy St Albans website.](#)

You can also find a variety of days out and attractions on the [Visit Herts website.](#)

### Halloween Crafts

If you're feeling crafty, why not try this [Blue Peter](#) bat decoration using egg boxes? [Blue Peter BBC website](#)



## HALF TERM TRAIL

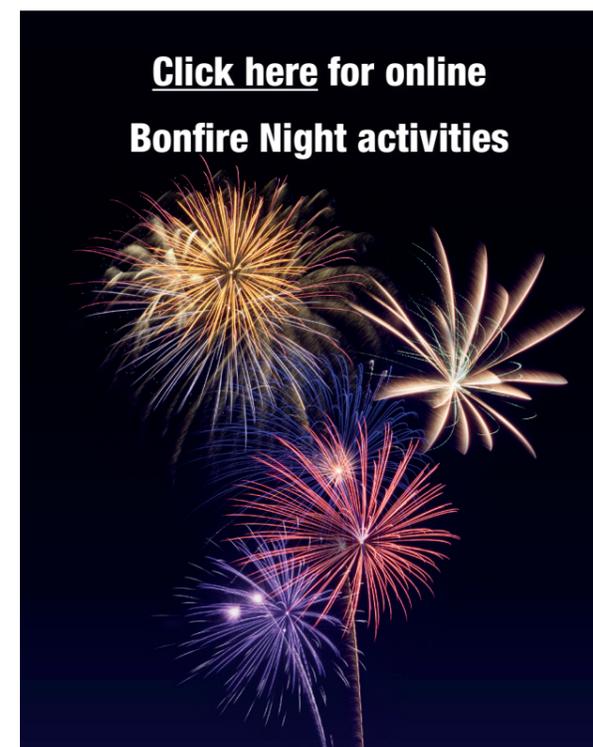
at Batford Springs Nature Reserve

**Monday 25th - Thursday 28th October**  
Start times are available between 12pm-4pm.  
Sign up to book your timeslot!

Follow our trail around Batford Springs to learn more about the wildlife that call the Reserve home!

This event is FREE but you must book your place via [harpenden.gov.uk](http://harpenden.gov.uk)

## What's On?



### St Albans Fireworks Spectacular 2021 Saturday 6 November - 7.30pm

St Albans Fireworks Spectacular is back in Verulamium Park!

Saturday 6 November. Display starts at 7.30pm (gates and the Food Village open from 6pm) [St Albans cathedral website.](#)

### London Colney Fireworks 2021 Sunday 7 November - gates open at 5pm for a 6pm start.

London Colney fireworks are returning to Morris Way Playing Fields on Sunday 7 November, gates are opening at 5pm for a 6pm start.

[To get your tickets please click here!](#)

### Fire Safety

If you're planning on setting off fireworks this Autumn, follow this advice from Hertfordshire Fire and Rescue Service.

- Only buy CE marked fireworks from licensed sellers
- Keep fireworks in a closed box
- Keep pets indoors
- Consider buying quieter fireworks to avoid scaring wildlife and pets
- Never drink alcohol if setting off fireworks
- Always read instructions carefully before lighting fireworks
- Light fireworks at arm's length using a taper
- Stand well back once firework is lit
- Never go back to a lit firework
- Never throw fireworks or put them in your pocket
- Light sparklers one at a time and wear gloves
- Never give sparklers to a child under five.

For more information go to [Hertfordshire Fire and Rescue be prepared website.](#)

### Markets

Don't forget about all the great markets in our District! Whether you're shopping for seasonal fruit and veg, freshly baked bread or for quirky, locally handmade gifts, you can find it at these markets. [Enjoy St Albans website.](#)

- **Weekly Charter Market** in St Peters Street, St Albans on **Wednesdays and Saturdays**
- **St Albans Vegan Market** in St Peters Street, on **Sunday 7 November**
- **St Albans Vintage Market** in St Peters Street, on **Sunday 5 December**
- **Farmers Markets in St Albans and Harpenden**
  - St Peters Street St Albans on the **second Sunday of each month**
  - Harpenden Common on the **fourth Sunday of each month**



## Whats on?

For all the latest news on Christmas events visit [Enjoy St Albans website](#).

A few of the events running locally are listed below, but there are others too.

### Christmas Lights Switch On

**St Albans**  
**21 November**  
[Enjoy St Albans website](#).

**Harpenden**  
**28 November**  
[Harpenden Town Council website](#).

**London Colney**  
**28 November**  
[London Colney Parish Council website](#).

**Batford**  
**5 December**  
[Harpenden Town Council website](#).

### Christmas Events and Pantomime

**Santa's Grotto**  
**From 20 November-24 December**  
[Burston website](#).

**Childwickbury Christmas Market**  
**27-28 November - 10am-5pm**  
[Childwickbury Christmas Market website](#).

**Redbourn Christmas Market**  
**28 November - 11am-5pm**  
[Redbourn Christmas Market website](#).

**Snow White and the Seven Dwarfs**  
**From 3 December**  
[Alban Arena website](#).

## Religious Holidays

### Hanukkah

**28 November and runs to the 6 December**

This year the Jewish holiday Hanukkah begins on 28 November and runs to the 6 December, the celebration is often referred to as the Festival of Lights and is celebrated by lighting candles, exchanging presents, and eating traditional Hanukkah food. Why not try one of the traditional recipes for yourself?

[The Spruce Eats website](#).

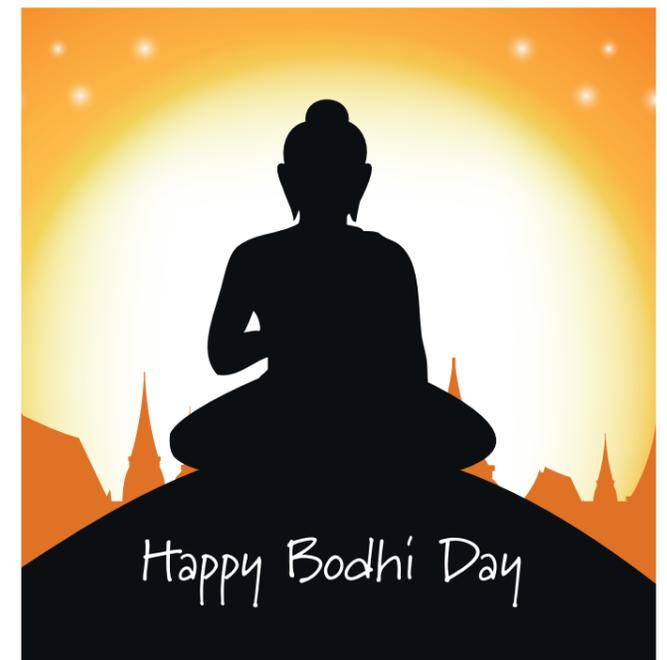


### Rohatsu (Bodhi Day)

**8 December**

Bodhi Day is celebrated on the 8 December every year and is an important date in the Buddhist diary. The holiday celebrates the day that Buddha, Siddhartha Gautama, achieved enlightenment through meditation.

For Buddhists the day is celebrated in a quiet and calm way, with meditation a key part of the day. At home Buddhists may decorate a bodhi tree with lights and statues and eat a traditional meal of rice and milk, the first meal Buddha was given after he reached enlightenment.



## Healthy Eating

### Healthy Yule Log Recipe

You don't have to sacrifice your traditions or your tastebuds to eat healthily this Christmas! Why not try this tasty Yule Log recipe from our Hub partner [Beezee Bodies](#).

[Website link to Beezee beeze recipe](#).





## Advice

At the Healthy Hub we have over 30 partner organisations and charities.

Read on to find out more about how some of our Hub Partners can support you with a range of issues...



### Citizens Advice St Albans District

Citizen's Advice currently has specialist appointments to help you save on your energy bills, as well as specialists in debt, employment, homelessness and benefits.

They provide free, confidential and independent advice to help people tackle their problems. They give confidential advice by phone and online.

- Call Citizen's Advice on: **01727 811 118**  
Monday to Thursday 10am-4pm, Friday 10am-1pm.

To see useful information or to email, visit the new [Citizen Advice website](#).

- Call Hertfordshire Adviceline free on: **0800 144 8848**
- Call with Relay UK, if you can't hear or speak on the phone: **18001 01727 811 118**
- Or, if you can't manage phone calls you can call into the Hub on Monday to Friday 10am-1pm



## Advice

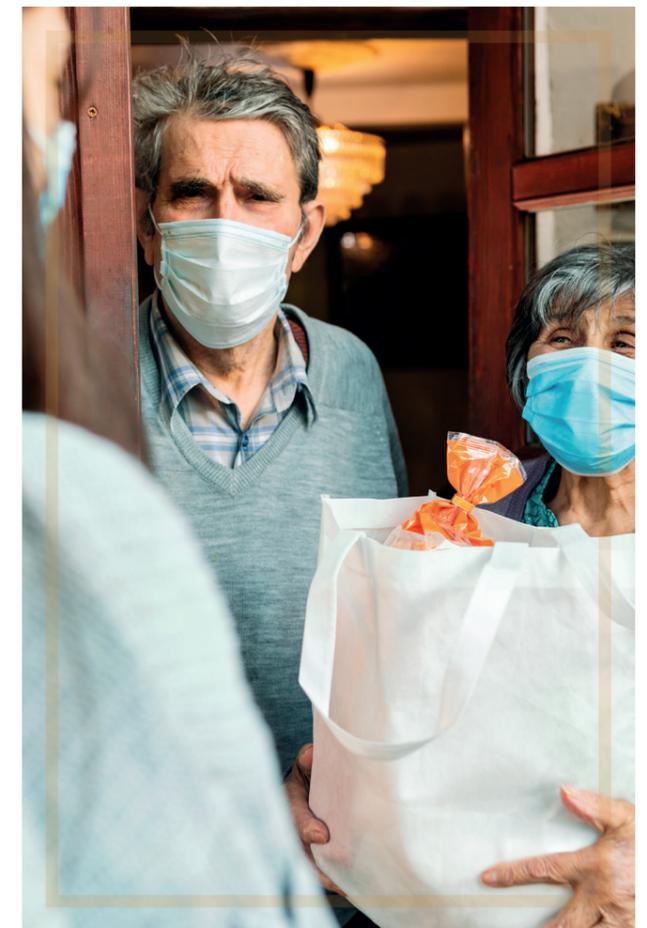
### Hertfordshire Independent Living Service (HILS)



HILS delivers hot, nutritious meals across Hertfordshire 365 days-a-year. In addition to Meals on Wheels, HILS provides over 17 different support services to older and vulnerable people across the county, from in-home exercise support, to delivering food and groceries to individuals being discharged from hospital.

HILS also provides meals, taster sessions, and support for those setting up Lunch Clubs to help get people together. If you're interested in setting up a Lunch Club for your community or would like to book a taster session for an existing group, get in touch. Email: [comms@hertsindependentliving.org](mailto:comms@hertsindependentliving.org)

For details on all our services see: [Hertfordshire Independent Living website](#).



## Addictions

Winter can be a difficult time for people who struggle with addictions – but there is lots of support out there for you and your loved ones.

### Spectrum

#### Alcohol support: talk to Spectrum

Many of us have been drinking more than usual over the past 18 months and some of us are finding it difficult to get back to our usual, healthier routine.

If you are struggling to control your drinking, are concerned about the affect it is having on your life or need help for someone you know, Spectrum Drug and Alcohol Recovery Service (part of national charity Change Grow Live) can offer accessible, ongoing support via telephone or even video call.

Six free telephone or video call sessions are held with an experienced alcohol worker who will help you address your drinking and make positive changes. Sessions can be held in the evening and at weekends if necessary.

A similar support programme is also available for anyone looking to reduce their cannabis use.

Tel: **0800 652 3169**

Website: [Change Grow Live website.](#)



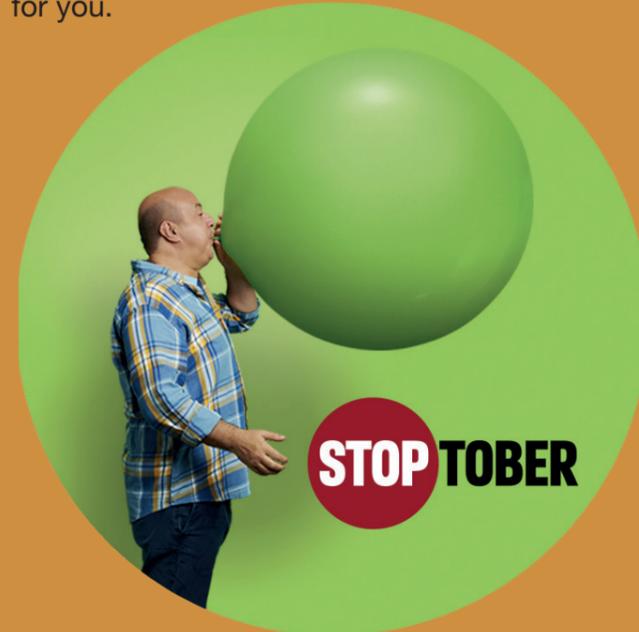
**Change  
Grow  
Live**

### Stoptober

**Stop smoking this Stoptober and start doing so much more.**

This October, Hertfordshire County Council (HCC) is encouraging smokers across the county to join thousands of others by taking part in the national mass quit attempt Stoptober.

Join thousands of others across England and start your quit journey this Stoptober with the free stop smoking support tools available now on the NHS Better Health Stoptober website, such as the NHS Quit Smoking app, online communities and an online Personal Quit Plan which will help you find the combination of support that's right for you.



### NHS Better Health

#### Kickstart your health

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking or alcohol, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with [Every Mind Matters website link.](#)

- [Lose Weight website.](#)
- [Get Active website.](#)



## Family Support

**There's support in the District for the whole family. The Healthy Hub has partners that can provide support to parents and children, as well as help with relationship problems and domestic abuse.**

#### Helping older people with free goods and services

St Albans Old People's Trust can help residents across the District aged 60+, who may struggle to afford what they need, by providing **FREE services and items.** Last year they gave items and other help worth around £250,000 and they are always looking for more clients to help.



**ST ALBANS  
OLD PEOPLE'S TRUST**  
CHARITY 222522

The Trust can provide the following items and services **FREE OF CHARGE:**

- Household and personal items: bed, reclining chair, cooker, washing machine, tumble drier, fridge, warm clothing, glasses, dentures
- Mobility aids: wheelchair, walker
- Services: weekly cleaning service, meals on wheels, care alarm
- Financial support: travelling expenses to hospital, utility bills
- Small home repairs: repairing a leak, decoration of a room, new carpets
- Boilers and gas fires: annual boiler service and small repairs
- New Boilers Linked to the national Warmer Homes scheme, the client gets up to 50% of a new boiler paid for by the Energy Companies, and the Trust may pay up to 50%
- Funerals: a contribution towards costs

If what you need is not on the list, please call and ask. Unfortunately, they cannot provide grants for holidays, care costs or building works.

## Family Support

If you, or someone you know, are 60 or over and live in the St Albans District and could do with some support please call.

TEL: **01727 260701** or **07541 659442**

Email: [grants.admin@staopt.org](mailto:grants.admin@staopt.org)

As a responsible charity, they will need to ask you about your circumstances and financial situation. Whether you are still working, on benefits, or receiving a pension, depending on your circumstances, they can help please visit [St Albans Old Peoples' Trust website](#).

### Inspire All Family Centre Service

#### New Parent Cafes coming to your area!

InspireAll are excited to announce the launch of Parent Cafes – these are for families who have had a baby during lockdown and have not been able to get out and meet other parents.

The cafes are face to face and you can chat with other local families and get to know them in a relaxed environment.

Family support staff will be on hand to support you with any questions that you might have. If you feel a bit daunted about just dropping in, you can bring a friend or give the team a call beforehand, so they know to look out for you!



### October

Thursday 21 October  
12.00-1.00 pm  
Fleetville Family Centre, Woodstock Road  
South, AL1 4QJ

Friday 29 October  
10-11.00 am  
London Colney Family Centre, Alexander Road,  
AL2 1JF

### November

Friday 5 November  
9.00-10.00 am  
Batford Family Centre, Holcroft Road,  
Harpenden, AL5 5BQ

Wednesday 3 November  
10.00-11.00 am Sopwell Family Centre,  
Mandeville Drive, AL1 2LB

Friday 12 November  
10.00-11.00 am  
Hillydye Community Centre, Hillydye Road,  
Wheathampstead, AL4 8TU

Thursday 25 November  
12.00-1.00 pm  
Fleetville Family Centre, Woodstock Road  
South, AL1 4QJ

Friday 26 November  
10-11.00 am  
London Colney Family Centre, Alexander Road,  
AL2 1JF

**For more information on what's running in your area, please ring the friendly team.**

Tel: **0300 123 7572**

- [Hertfordshire Family Centre website](#).



## Financial Advice

### Financial Advice

Winter can be the most difficult time of the year when it comes to money. Luckily there is lots of help available in the District.

For support with managing your money, including a free budget tracker, visit the [Government's Money Helper website](#).

### St Albans Community Bank

The St Albans Community Bank office at 55 Catherine Street is now open on Tuesdays, Thursdays and Saturdays between 10.00am and 12.30pm for those who prefer a personal, face to face service, including enquiries and cash transactions.

They continue however to provide a remote service as they have done throughout the pandemic; by phone, email or through the [St Albans Community Bank website](#).

The Community Bank has returned to the Caledon Centre, London Colney, for the first time since March 2020, with a session each Tuesday between 1.00 and 1.30pm.

The Community Bank encourages saving and has money available to lend at fair rates so please give them a call. Help yourself and the community.

Tel: **01727 859135**

### Protecting yourself from scams

Don't fall victim to scammers this winter. If something sounds too good to be true, it probably is.

- [Crimestoppers website](#).
- [Action Fraud Police website](#).
- [Friends Against Scams website](#).



## Getting Active

**We all know that it's important to be active in order to stay healthy. Whether you prefer intense cardio or gentle yoga, there's ways of getting active in the District available to you.**

### Herts Winter Walks

Just because it's getting colder doesn't mean you have to stop enjoying nature and being active. Wrap up warm and head out to explore the great outdoors! Visit [Herts Winter Walks website](#).

### Watford FC ShapeUp

Watford Football Club's Community Sports and Education Trust has announced the launch of free adult weight management programme Shape Up Together, which is aimed at the BAME community and anyone with a physical and/or learning disability or severe mental illness.

Free to access and open to adult men and women of all ages, it is designed to motivate and guide those taking part in the programme, with tailored programmes meeting the needs of each specific group.

If you would like to find out more about Shape Up Together, including how you or someone you know can join the programme, please contact Rhys Ratcliffe.

Email: [rhys.ratcliffe@watfordfc.com](mailto:rhys.ratcliffe@watfordfc.com)

### 1Life Exercise Referral Scheme

Working in partnership with local medical professionals, this scheme provides discounted gym membership, additional sessions and support for adults with a range of medical conditions.

Clients can choose from one of four Leisure Centres across St Albans and enjoy 12 weeks

of structured support and rehabilitative programming to tend to their specific condition.

The program currently tends to fourteen specific mental and physical conditions as diagnosed by the referring medical practitioner. Ask your GP, physio or chemist for more information.

Alternatively please contact:

Email: [rowellgordon@1life.co.uk](mailto:rowellgordon@1life.co.uk)

Email: [sasport@1life.co.uk](mailto:sasport@1life.co.uk)

Web: [Active St Albans website](#).



New Class from September!

# Seated Yoga

And Relaxation With Sarah

AT THE  
CALEDON COMMUNITY  
CENTRE

MONDAY 11 AM  
&  
THURSDAY 11 AM

Booking required call  
01727 821314

Chair Yoga can be done anywhere as long as you have a chair. It is beneficial for those that have limited mobility. It aids better flexibility, reduces joint pain, lengthens muscles, improves posture and reduces stress and tension not only in the mind but also the body. Alongside Chair Yoga is meditation/relaxation whereby you are taught to calm the mind and body which helps to reduce stress/anxiety, improved positive moods and better concentration.

**WatfordFC health**

## Free 12 Week Weight Loss Course

What have you got to lose?

Shape Up is a FREE 12 week bespoke Weight Management Programme which has been running for six years, providing local communities with the tools to live a healthier lifestyle.

**Entry Criteria**

- Hertfordshire resident or registered to a Herts GP.
- All genders welcome.
- Ages 18-65.
- BMI of 30+ (BMI above 27.5 for BAME participants).

Shape Up 'Together' is a series of bespoke specialist weight management courses based on our award-winning Shape Up programme. We will be running sessions from January 2022 designed specifically for:

- Learning difficulties.
- Physical disabilities.
- BAME.
- Severe mental illness.

To register your interest in either programme, contact:  
[rhys.ratcliffe@watfordfc.com](mailto:rhys.ratcliffe@watfordfc.com)  
01923 496 391

FREE FOR LONDON COLNEY RESIDENTS

## SEATED EXERCISE CLASS

Seated Exercise  
Monday & Thursday  
10am - 11am  
Caledon Community Centre,  
Caledon Road

Please pre-book your place on 01727 821314

It's so important to work on our mental health as well as our physical health. The Healthy Hub has many partners that can help with this, offering a range of services from art clubs to counselling.

**London Colney Parish Council**

London Colney Parish Council runs a number of activities for residents to improve quality of life and combat loneliness.

Further details of other activities and events can also be found at [London Colney Parish Council website](#).

**Harts in Mind**

Working with the community to keep us well through art.

**Free well-being weekly art club via Zoom**

These sessions cover a number of different topics including: sketching, watercolour, mandela, perspective, pen & ink. Taking inspiration from various artist's work.

**Fridays 1.30-3pm**

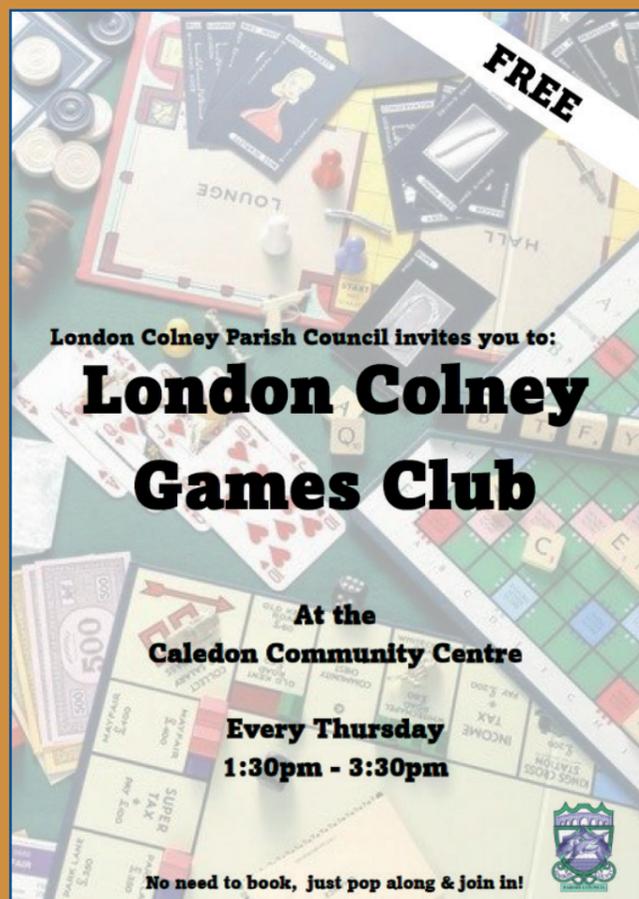
**Free Zentangle Zoom Art Club Sessions**

A relaxing, mindful method, learning how to create beautiful images by drawing structured patterns. These patterns are called 'Tangles'.

**Fridays 11am-12.30 fortnightly,  
Tuesday evenings 7.30-9pm fortnightly.**

If you would like to to join;

Tel: **07568 368 191**  
Email: [hartsinmind@gmail.com](mailto:hartsinmind@gmail.com)  
Website: [Herts In Mind website](#).



**New Leaf College**

New Leaf Recovery and Wellbeing College returns to classroom to deliver free wellbeing courses

When COVID-19 hit, the college closed its classrooms for face-to-face courses and started to offer new methods of support for those wanting to improve their wellbeing.

The college seized this opportunity to deliver their free wellbeing courses through Zoom. The launch of online courses and their new seminars were a huge success, and many more Hertfordshire residents received their support.

However, classroom teaching has been long anticipated, and the college is pleased to announce it will now be offering a blended approach.

**Face-to-face courses are making a comeback!**

Those who undertake the colleges free courses will:

Gain new skills, experience, and knowledge to support their aspirations in life

- Learn about tools to develop self-management strategies
- Improve their wellbeing
- Increase personal resilience

Anyone living in Hertfordshire aged 18+ can attend the college, both for online and face-to-face courses.

More information and enrolment forms can be found at [New Leaf College website](#).

Tel: **01442 864 966**  
Website: [New Leaf College website](#).

**Samaritans South West Herts**

Samaritans are here to listen, no judgement, no pressure, and help you work through what's on your mind. They'll never tell you what to do. You can get in touch about anything that's troubling you, no matter how large or small the issue feels.

Call them for free on **116 123**  
Email them at: [jo@samaritans.org](mailto:jo@samaritans.org)

Through conversations, if you need advice or specialist support for a specific issue, such as a bereavement or domestic abuse, they have a list of specialist organisations including their contact details.

Your nearest Samaritans branch is South West Herts, based in Watford. Their Outreach and Community Engagement teams are the link between the branch and your local community.

They make regular visits to train stations, schools, hospitals, charities and businesses that feel they may benefit from a Samaritans visit. They can offer talks on Emotional Health and Learning to Listen, either in person or over Zoom.

For more information on outreach services

Email: [outreach@swhertssamaritans.org.uk](mailto:outreach@swhertssamaritans.org.uk)  
Website: [Samaritans Watford website](#).



If you want to give back to your community while learning new skills and meeting new people, volunteering may be the thing for you!

**Communities 1<sup>st</sup>**

Communities 1st can match you with lots of volunteering opportunities through their Volunteer Centre. If you would like to look through the range of roles, please visit the [Communities 1<sup>st</sup> Website](#). To register as a volunteer and receive weekly updates on volunteering roles, click here.

**Want to Become a Community Information Champion?**

Communities 1st, in partnership with other local CVS organisations, as part of Community Help Herts, is taking part in the Hertfordshire Community Information Champion project. This initiative aims to distribute accurate and up to date guidance about COVID-19 and vaccinations. As a Community Information Champion you will help distribute the latest information from public services, including the Hertfordshire Constabulary and Fire Service, to your community networks.

To volunteer for any roles or to find out about the many more available speak to a friendly member of the team.

Tel: **020 3940 4865**  
 Email: [volunteer@communities1st.org.uk](mailto:volunteer@communities1st.org.uk)  
 Website: [Communities 1<sup>st</sup> website](http://Communities1st.org.uk).

**Do You Have a DIY Job That Needs Doing?**

Our Handy Person Service supports local residents by sending a friendly volunteer to help with DIY type projects and tasks.

*"He painted my whole flat. I was very pleased with it, he was a very nice chap. We've swapped phone numbers and I'm going to keep in touch."*  
 – Barbara – Client who had her flat painted.

*"Thank you so much for all your help, success! Seriously, I am so grateful for all your help in getting this done - it is very much appreciated."*  
 – Graham – Client who had his fence put up.

*"I was so pleased. He was so nice, he's done a lot of work for me, and it's been really good. He's going to do some more work for me soon"*  
 – Kathleen – Client who had her doorstep painted.

Individuals can book our handy person service, by contacting us via email: [handy@communities1st.org.uk](mailto:handy@communities1st.org.uk) or phone: 020 8207 5055. This service is available to residents in St Albans, Hertsmere and Welwyn Hatfield.

[@1stCommunities](#)

**Vaccination Centres still need your support!**

Volunteers gain important skills and experience to help take them further in their careers!

To sign up or for more information visit:  
[www.communities1st.org.uk/sign-up](http://www.communities1st.org.uk/sign-up)  
 Email: [volunteer@communities1st.org.uk](mailto:volunteer@communities1st.org.uk)  
 Or call: 020 3940 4865

[@1stCommunities](#)

COME VISIT OUR

**Aberford Community Bowling Green!**

To book visit:  
[www.communities1st.org.uk/aberford-bowls](http://www.communities1st.org.uk/aberford-bowls)  
 Or call: 020 3559 3559

**Harpenden Common Volunteers**

**Fresh air, exercise and help our common.**

Harpenden Common Volunteers help to manage Harpenden Common on dedicated project days throughout the autumn and winter months.

Managing the Common helps nurture a diverse mosaic of habitats for local wildlife to flourish. Recent project days have included clearing invasive holly from the woodland, coppicing gorse and broom to encourage new growth, and working on projects such as heather restoration.

Project Days are a great opportunity to get out and do some exercise while helping maintain the legacy of Harpenden Common. Come and meet some like-minded people and learn a bit more about wildlife on your doorstep!

Lunch and refreshments are provided, and there is no minimum obligation - volunteer for one project day, multiple project days, or just a few hours!

If you'd like to get involved or find out more information, visit the [Harpenden Town Council Website](#).

Email: [alexander.melson@harpenden.gov.uk](mailto:alexander.melson@harpenden.gov.uk)  
 Website: [Harpenden Town Council website](#).



**Oaklands College**

Adult Leisure Courses at Oaklands College  
 Oaklands College part-time courses allow you to develop skills in an informal, friendly, and fun environment.

Find a course to suit you by visiting the website [Oaklands College Courses website](#).

If you get stuck, don't worry, help is at hand!

Tel: **01727 737154**  
 Email: [acl@oaklands.ac.uk](mailto:acl@oaklands.ac.uk)  
 Website: [Oaklands College website](#).

The College also works with Step2Skills to provide learning opportunities to those who are most in need or have least opportunity to achieve formal and informal qualifications. As a result, some of the courses can be offered at a lower fee or even free to some applicants.

Find out more by contacting the team.  
 Tel: **01727 737154**

**Please note that you need to be a minimum age of 19 years to enrol on one of the community learning courses.**



## Hub Partners

### Hub Partners

At the Civic Centre in St Albans, you'll find lots of advice, information, and guidance on offer from all these local organisations. You will have seen lots of our hub partners featured in this newsletter, many more are here, please see details below. As part of Hertfordshire County Council's 'Healthy Hubs' initiative, all of our partners seek to improve the health and wellbeing of St Albans' District residents.

### Advice

#### Herts Help: Community Navigator

Herts Help is a free service which can put you in touch with practical help and emotional support in your area. You or your carer may also be eligible for support, discounts or certain benefits which could help with paying the bills. Community Navigation Service empowers individuals to access the different sources of help, advice and support available within the wider community to address the underlying causes that are affecting health and well-being.

Tel: **0300 1234 044**  
Email: [info@hertshelp.net](mailto:info@hertshelp.net)  
Website: [Herts Help website.](#)

#### The Royal British Legion

The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families. We support serving and ex-serving personnel and their families' all year round, our support starts after one day of service and continues through life, long after service is over. The welfare services include benefit, debt and money advice; support with housing; finances; health both mental and physical; independent living and employment.

Tel: **0808 802 8080**  
Website: [British Legion website.](#)

### Small Acts of Kindness

Small Acts of Kindness' aim is that every older person feels warm in their home and connected to their community. They source and distribute practical gifts and information that reduce the negative impact that feeling lonely and isolated can have on older people's physical and mental wellbeing, sending out over 5,000 Warm in Winter Gift Bags each winter. They are distributed free of charge to older people aged over 55 across Hertfordshire.

Tel: **01923 372 717**  
Email: [info@smallactsofkindness.co.uk](mailto:info@smallactsofkindness.co.uk)  
Website: [Small Acts of Kindness website.](#)

### Thrive Young Person's Clinic

The Thrive Young Persons Clinic is a service that offers confidential afternoon appointments for young people registered with a GP in St Albans or Harpenden where support and advice can be given on any physical, mental, or sexual health matter. We also work closely with a Mind in Mid Herts support worker, Matt, who offers appointments in which young people can book in the same way as the YPC. His sessions run alongside the YPC sessions at the same time at Parkbury Surgery.

To book an appointment, please contact your own GP and ask to make an afternoon appointment for the young person's clinic.

**The clinic is currently held at Parkbury House Surgery in St Albans on Thursday afternoons from 3.30-6.30pm.**

## Hub Partners

### Addiction and Dependency

#### GamCare

GamCare offers free, confidential and non-judgemental treatment services for individuals impacted by their own or someone else's gambling.

Tel: **0143 8487003**  
Email: [hertfordshire@gamcare.org.uk](mailto:hertfordshire@gamcare.org.uk)  
Website: [GamCare website.](#)

#### The Living Room

The Living Room saves and transforms lives by providing people and their families with the opportunity to attend community-based rehabilitation treatment and support, to help them break free from the generational cycle of addiction.

Please phone for an appointment

Tel: **0300 3650304 (local rate)**  
Email: [enquiries@livingroomherts.org](mailto:enquiries@livingroomherts.org)  
Website: [The Living Room website.](#)

### Family and Relationships

#### Carers in Hertfordshire

Carers in Hertfordshire provides free advice, information and support to unpaid carers - people looking after someone who is elderly, disabled, has a physical or mental illness or who misuses drugs or alcohol.

Tel: **01992 586969**  
Website: [Carers in Hertfordshire website.](#)

### St Albans Women's Outreach

St Albans Women's Outreach offers information and advice to men and women who may be struggling to make difficult relationship decisions and support them in making informed choices about their future.

Tel: **03301 025811**  
Email: [referrals@saferplaces.co.uk](mailto:referrals@saferplaces.co.uk)  
Website: [St Albans Women's Outreach website.](#)

### Walk the Walk

(previously Herts Practical Parenting)

Walk the Walk is a caring supportive organisation that works with families, young persons and victims of domestic abuse to provide a caring, supportive package of support around your needs, to help you thrive and grow as a family, young person or survivor of domestic abuse.

Tel: **01992 638000**  
Website: [Walk the Walk website.](#)

### Financial Advice and Employment

#### Shaw Trust

Shaw Trust provides employment opportunities, skills development, training, and health and wellbeing services as well as promoting inclusion and independence for those with disabilities and barriers to work.

Tel: **0800 3890082**  
Email: [self-referral@shaw-trust.org.uk](mailto:self-referral@shaw-trust.org.uk)  
Website: [Shaw Trust website.](#)

Client can also contact their local Job Centre Plus who will complete the referral for them.

## Hub Partners

### Getting Active

#### The Adda Club

Diabetes and lifestyle coaching for members of the South Asian Community who have Type 2 Diabetes. A 4-week course designed to help you change your mindset and lifestyle in relation to managing diabetes.

Email: [info@theaddaclub.co.uk](mailto:info@theaddaclub.co.uk)  
Website: [The Adda Club website.](#)

#### Beezee Bodies

BeeZee Bodies are a child weight management service that work with young people aged 5 to 15 years. We offer free 14-week programmes that provide a mixture of nutritional education and physical activity.

Tel: **01452 717262**  
Email: [info@beezeebodies.co.uk](mailto:info@beezeebodies.co.uk)  
Website: [Beezee Bodies website.](#)

### Mental Health

#### Mind in Mid Herts

Mind in Mid Herts works with people to prevent them from developing mental health problems as well as supporting people who recover and prevent relapse.

Email: [admin@mindinmidherts.org.uk](mailto:admin@mindinmidherts.org.uk)  
Website: [Mind in Mid Hert website.](#)

#### The OLLIE Foundation

The OLLIE Foundation provides suicide awareness, intervention and prevention training, plus Mental Health First Aid, Goal setting and IHEART training. OLLIE empowers people (including parents, teachers, and professionals) to support young people, ensuring no one feels that suicide is their only option.

Tel: **07715 311 891**  
Email: [contactus@theolliefoundation.org](mailto:contactus@theolliefoundation.org)  
Website: [The OLLIE Foundation website](#)

#### Youth Talk

Youth Talk offer a counselling service available to 13–25 year olds who live, work or attend school/college in the District of St Albans (Harpenden, London Colney, Redbourn, St Albans, Sandridge and Wheathampstead). We work on a self-referral only basis.

Tel: **01727 868684**  
Email: [info@youthtalk.org.uk](mailto:info@youthtalk.org.uk)  
Website: [Youth Talk website.](#)

### Volunteering and New Activities

#### Age UK

Age UK Hertfordshire is an independent local charity working to alleviate loneliness and isolation, tackle poverty and build resilience in the community for older people in Hertfordshire who need our help.

Tel: **0300 3453 446**  
Email: [info@ageukherts.org.uk](mailto:info@ageukherts.org.uk)  
Website: [Age UK website.](#)

#### Hertfordshire Asian Women's Association

Hertfordshire Asians Women's Association provides free, independent, confidential and impartial advice and guidance to BME community in St Albans District.

For enquiries and to pre-book an appointment.

Tel: **07401 079970 or 07480 934282**  
Email: [hawaherts@gmail.com](mailto:hawaherts@gmail.com)  
Website: [Hawa website.](#)

## Hub Partners

### Housing

#### Emmaus

Emmaus offers accommodation, meals, and support for formerly homeless people in return for 40 hours volunteering for our social enterprise.

Tel: **01727 817294**  
Email: [community.herts@emmaus.org.uk](mailto:community.herts@emmaus.org.uk)  
Visit: [Emmaus website.](#)



#### Healthy Hub

Email: [healthy.hub@stalbans.gov.uk](mailto:healthy.hub@stalbans.gov.uk)  
Social Media: [St Albans Healthy Hub - Facebook website.](#)  
Website: [Healthy Hub website.](#)

The background of the entire page is a photograph of six autumn leaves scattered on a surface of snow. The leaves are in various shades of orange and red, with some showing signs of frost or snow accumulation. The snow is bright white and textured. The entire scene is framed by a thin, light-colored border.

# Healthy hub

St Albans District