

A decorative border of various spring flowers, including yellow daisies, purple tulips, and small yellow blossoms, along with several speckled Easter eggs, surrounds the central text on a light blue background.

# Healthy hub

St Albans District

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SPRING NEWSLETTER 2021

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**St Albans**  
City & District Council





# Healthy hub

St Albans District

## SPRING NEWSLETTER 2021

Welcome to the Healthy Hub Spring newsletter.

Spring is a time for new life, new leaves on the trees, longer days – and hopefully warmer ones too! Read on for our Easter crafting ideas, information about beautiful parks and woodlands around the District, and details about help and advice on offer from Hub partners.

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## Religious Holidays

### Easter

It's officially springtime, and Easter is on the way! Easter Sunday is on 4 April this year – have you got your chocolate eggs ready?

If you're looking for some delicious recipes for the Easter holidays, why not try making your own hot cross buns? [Web Link](#)

It is said that the Alban Bun, the precursor to the famous Hot Cross Bun, originated in St Albans, where Brother Thomas Roccliffe, a 14th Century Monk at St Albans Abbey, developed an original recipe. From 1361, Brother Thomas would distribute these buns to feed the poor on Good Friday. Read more about this on the Cathedral's website: [Web Link](#)

There are lots of Easter crafts ideas for kids. Why not try painting eggs, potato printing, or making some Easter chicks and bunnies out of pom poms? English Heritage has some great ideas for crafts, such as making your own clay dragon. [Web Link](#)

If you celebrate Easter, you may be interested in virtual or in person services held by St Albans Cathedral [Web Link](#). You can also find information about other churches and celebrations around the District: [Web Link](#)

**Passover** begins on 27 March and ends on the evening of 4 April. Why not try making traditional matzo ball soup to mark the Passover Seder? [Web Link](#)

**Ramadan** is expected to begin on the 12 of April and end on the 11 of May this year, with Eid al-Fitr starting on the 12 of May. Check this [Web link](#) for ideas on worshipping and celebrating under the current Covid-19 restrictions.

Check the [Enjoy St Albans Website](#) for the latest online events offered in the District. [Web Link](#)

## Spring Word Search

C	H	I	C	K	E	J	U	N	E	G	R	W	O	W
H	P	U	D	D	L	E	M	A	P	R	I	L	H	S
I	B	L	O	H	B	U	N	N	Y	E	B	O	M	E
B	A	S	E	B	A	L	L	T	T	E	U	M	A	E
S	U	M	A	M	A	T	C	H	A	N	T	F	R	D
H	O	T	S	P	R	I	C	I	N	G	T	L	C	S
N	E	S	T	T	A	P	I	H	E	A	F	O	H	O
E	G	S	G	E	T	R	A	I	N	B	O	W	L	R
E	G	S	S	Y	R	E	W	S	O	L	Y	E	E	A
A	S	E	H	B	U	F	N	N	S	O	L	R	S	I
E	G	R	O	W	O	F	L	L	Y	O	Y	S	S	N
A	N	U	W	E	F	M	A	Y	Y	M	V	R	O	C
S	A	N	E	R	A	N	B	O	W	S	H	E	S	O
U	M	B	R	E	L	L	A	E	A	S	T	E	R	A
T	H	A	S	P	R	I	N	G	P	U	D	D	E	T



APRIL  
BASEBALL  
BLOOM  
BUNNY  
BUTTERFLY  
CHICK  
EASTER  
EGGS

FLOWERS  
GREEN  
GROW  
HATCH  
JUNE  
MARCH  
MAY  
NEST

PASSOVER  
PUDDLE  
RAINBOW  
RAINCOAT  
SEEDS  
SHOWERS  
SPRING  
UMBRELLA



CRAYONSANDCRAVINGS.COM



## Advice

### Citizens Advice St Albans District

We're still here to help – don't sit on a problem, get in touch.

Citizens Advice St Albans has seen a surge in the number of people it is helping, as the pandemic has continued.

It provided advice to over 1,840 people in the last three months of 2020, 7.6% more than in 2019. Many of these were issues about benefits, employment, debt and housing, made worse by the pandemic.

We provide free, confidential and independent advice to help people tackle their problems – Whether you're struggling to pay bills, needing information on benefits, worrying about work or housing, dealing with a relationship breakdown or another issue, we're here to help.

Although we have suspended our face-to-face service during the pandemic, you can still get confidential advice from us over the phone and online.

- Call us on: **01727 811 118** Monday to Thursday 10am-4pm, Friday 10am-1pm
- Or call Hertfordshire Adviceline free on: **0800 144 8848**
- To chat to an adviser online or email us, visit our website: **castad.org.uk**
- For general information, visit the national Citizens Advice website: **citizensadvice.org.uk**
- Call us with Relay UK, if you can't hear or speak on the phone: **18001 01727 811 118**

### Small Acts of Kindness

Small Acts of Kindness is a registered charity aiming to reduce isolation and loneliness for older people by connecting communities with kindness.

We do this by sourcing and distributing practical gifts and information that reduce the negative

impact that feeling lonely and isolated can have on physical and mental wellbeing, with a special interest in helping older people who are cold in their homes. Since we first began in 2014, we have reached over 36,500 older people in Hertfordshire.

Our Warm in Winter gift bags contain essential, practical, keep warm items for older people including; a fleece blanket, thermal hat, gloves, socks and leg warmers, a mug and hot drinks. Additionally, all gift bags contain our comprehensive Purple Pages Information Pack of literature that signposts to relevant activities and services for older people, helping to break the cycle that loneliness and isolation can bring. Gift bags are distributed **FREE OF CHARGE** to older people aged over 55 living in Hertfordshire.

Feedback from recipients of our gift bags include "I was delighted with my bag, it made me feel really special and most importantly loved." "I hadn't realised how much support there is." "Made me feel very happy and not so alone." If you, or someone you know is over 55, living in Hertfordshire, and is feeling cold in your home please get in touch. To nominate someone to receive a gift bag, or to order one for yourself, please contact Janice: email [giftbags@smallactsofkindness.co.uk](mailto:giftbags@smallactsofkindness.co.uk), call **01923 372717** or see our website. [Web Link](#)

### Credit Union

St Albans District Credit Union is moving its St Albans office due to an approved application to convert its current premises for residential use.

The Credit Union will cease operations at its Holywell Hill office on 31 March 2021 and will be moving to 55 Catherine Street, St Albans, AL3 5BN, opening there after Easter. At the same time the Credit Union will change its trading name to St Albans Community Bank which the directors believe better reflects what the organisation is and what it does. [Web Link](#)

citizens  
advice

St Albans  
District

St Albans District  
Credit Union

SMALL  
ACTS OF  
KINDNESS





## Volunteering/New Skills

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

Communities 1<sup>st</sup> Compassionate Community Connector Programme

Communities 1<sup>st</sup> volunteers provide these services:

- Shopping delivery
- Collection of prescriptions
- Dog walking/pet sitting
- Walking buddies
- Telephone befriending if you need a friendly chat
- Signposting you to other services if needed

To access support, call: **020 8207 5115** or email: [help@communities1st.org.uk](mailto:help@communities1st.org.uk)

There are lots of opportunities for socially distanced volunteering that you can get involved in. There are various roles, from survey callers to drivers, digital champions to telephone befrienders, project facilitators to handyperson assistants. So far over 2,000 volunteers have provided over 40,000 hours of support to local vaccination centres.

To volunteer visit our website [Web Link](https://www.communities1st.org.uk) or email: [volunteer@communities1st.org.uk](mailto:volunteer@communities1st.org.uk).

### Oxygen Monitor at Home Delivery Service

We launched a service to support patients referred by a GP for an oxygen monitor, due to having suspected/confirmed COVID-19. Our volunteers collect pulse oximeters and info packs to deliver them to patients within their locality, explaining that the equipment is being delivered on behalf of their GP. Volunteers are recording the names of individuals and times of deliveries, and reporting these back to Communities 1st.

### COVID Information Champions

Communities 1st, in partnership with other local CVS organisations, as part of Community Help Herts, is taking part in the Hertfordshire COVID Information Champion project. This initiative aims to distribute accurate and up to date guidance about COVID-19 and vaccinations.

### Hertfordshire Asian Woman's Association (HAWA)

Hertfordshire Asian Woman's Association runs a variety of different community projects and events, such as a Community Garden in Highfield Park, and the Tiffin Club which provides opportunities for women to socialise, meet new friends and learn new skills. They have also collated some great resources for coping with the isolation of COVID -19 in a wide range of languages including Urdu, Punjabi, Bengali and Arabic. You can find these resources at: [Web Link](#)

### Oaklands College

Oaklands College is running a wide variety of short courses for adults. These include sign language, creative writing, DIY, cooking and more. Additionally, for people aged over 65, there are lots of subsidised courses on topics such as Memoir Writing, Getting to Grips with your Smartphone, and Staying Safe Online. [Web Link](#)

### Colney Heath Community Support Group

The purpose of Colney Heath Community Support Group is to match people in need with someone who can help. Their activities include: co-ordinating support initiatives by community organisations and being a point of contact for requests for help and offers to volunteer. They help people in need by connecting them with someone who can help if required and they communicate with their community, sharing information, ideas and issues.

If help is required please visit their website. [Web Link](#)

### Harpenden Cares

Harpenden Town Council is supporting Harpenden Cares, which is a community-led response to the coronavirus. Harpenden Cares offer a befriending service for local vulnerable and/or isolated people, it helps deliver essential supplies and medication to vulnerable and/or isolated people. It offers street-level support to engage vulnerable and/or isolated people and acts as a general trusted source of information. The helpline is open Monday – Friday 10am – 2pm - 01582460 457

### Redbourn Care Group

This group has set up street co-ordinators in every street within the Redbourn Parish through. This group can help Redbourn residents with shopping and delivering to doorsteps, posting mail, collecting urgent items e.g. pharmacy prescriptions and conduct friendly phone calls. For more information please call **01582 794550** (10am-4pm) Or email: [info@redbourncaregroup.co.uk](mailto:info@redbourncaregroup.co.uk)

### St Stephen Parish

Bricket Wood Neighbourhood Assistance: email: [help@bricketwood.org](mailto:help@bricketwood.org) or Tel **01727 260963**

### Sparshott home deliveries

Email: [info@sparshott-fruiterers.co.uk](mailto:info@sparshott-fruiterers.co.uk) call: **01923 674896 / 661167**

**Chiswell Green** - Post Office & stores home deliveries **01727 854803**

**Park Street & How Wood** - Twinsco home deliveries **01727 874455 / 07843 330174**

**Park Street Resident Association** are distributing food parcels, for more info check out the website. [Web Link](#)

## Family Support

### InspireAll

Hertfordshire's Family Centre Service is made up of the Public Health Nursing Service (Health Visitors and School Nurses) and the Family Support Service. Our purpose is to support children and families to have the best start in life, develop well and thrive.

We provide families with children aged up to 11 years with a wide range of information and support on key areas relating to family life. We are also here to support families when they face key challenges, below is the range of support we have on offer.

- Worries about your child's learning and development. We can help with fun activities for your family to enjoy at home or more structured workshops.
- Your child's additional needs. Did you know that we can help families with Children with Special Educational Needs and Disabilities (SEND) by providing information, advice and guidance?

- Feelings of isolation. Are you feeling lonely or isolated from your local community? We are here to help.
- Your own wellbeing and confidence. We can support you via one-to-one sessions or through parenting groups.
- If you are experiencing domestic abuse. Support around developing healthy relationships is available.
- Challenges with your child's behaviour. We can support you via one-to-one sessions or parenting groups.
- Volunteering and learning opportunities. Gain new skills through workshops and courses.

### How do I ask for support?

Contact us by telephone on **0300 123 7572** or see: [Web Link](#)



## Family Support

At the Healthy Hub we have lots of partners who can offer guidance and support for the whole family.

**Thrive Young Person's Clinic** offers evening appointments for young people registered with a GP in St Albans or Harpenden. It is a confidential service, where you can be seen with or without your parents. The GPs are specially trained to work with young people and can provide support and advice with any physical, mental or sexual health matter. [Web Link](#)

**Hertfordshire Practical Parenting** supports parents and carers of children aged 12+ to access relevant services via volunteer advocates. It is currently running a telephone service as well as online sessions. [Web Link](#)

**InspireAll Family Centre** provides support to families and children, health clinics, as well as tailored CV & interview skills help. [Web Link](#)

**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. They support carers of all ages - children and adults - if they live, work or care in Hertfordshire. [Web Link](#)

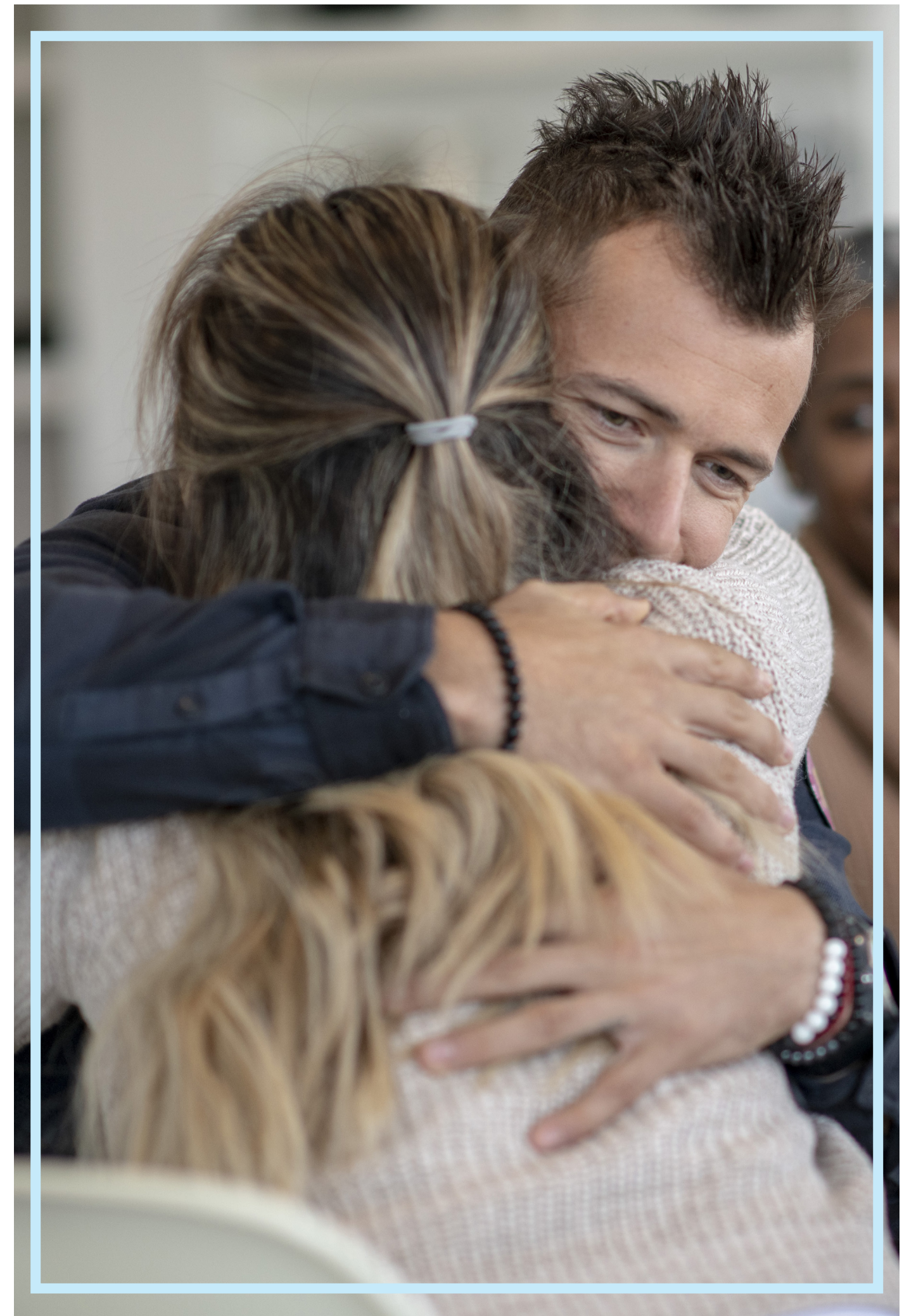
**St Albans Women's Outreach** Anyone can be a victim of domestic abuse. SAHWR provide services for men and women that are person centred and holistic ensuring the needs and wishes of the service user are at the centre of their work. You can call the referral line on **0330 102 5811** or visit their website. [Web Link](#)

**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. [Web Link](#)

**Hertfordshire Asian Woman's Association** works to support women to reach their maximum potential as individuals within the community. It runs events, workshops and projects for women from all cultural and racial backgrounds. [Web Link](#)

**Youth Talk** is committed to helping and supporting young people in the District. They can offer confidential counselling to help you make sense of your thoughts and feelings. [Web Link](#)

**Young Minds** provides support to young people and their parents. They provide a YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. [Web Link](#)





## Getting Active



### Walks and more

Now that restrictions are slowly, but cautiously easing, it's a perfect time to get back into a healthy and positive routine. Just a small change in your daily routine can have tremendous benefits and those who are getting back into, or are new to, exercise have the most to gain.

Just 150 minutes of moderate intensity exercise per week, split up in a way to suit you, can reduce your chances of developing life limiting conditions or experiencing back pain, falls or depression.

If you are able to get outside, brisk walking offers a fantastic way to help you feel great and improve your health, wellbeing and quality of life.

Hertfordshire's scenic footpaths provide miles of places to walk and enjoy the countryside. Take a look at the range of free walk route maps across Hertfordshire at: [Web Link](#)

Please stay safe and follow the latest government COVID-19 guidelines. See: [Web Link](#)

### Beezee Bodies

Our Hub partners Beezee Bodies are still running webinars so you can learn about healthy eating and getting fit from the comfort of your own home. Their courses are suitable for the whole family – and even the dog! They also provide healthy recipes on their website, such as this one for delicious blueberry pancakes: [Web Link](#)

- **1:1 Support** : Phone or in person consultations to help build healthier exercise, nutrition and lifestyle habits.
- **Healthy Family Training Days**: In person or online, join our qualified and friendly team to learn about the fundamentals of making healthy changes.
- **BeeZee Blog**: Check out our online content like recipes, exercise ideas, parent's guides and more to support families.

- **BeeZee Families**: As soon as it is safe to do so, we'll be delivering our National Award-Winning service to support families (with children aged 5-15) to become healthier and happier.
- **HENRY**: HENRY is a fun 8 week programme that provides healthy starts for your little ones (0-5 years). We'll support you to create long-term healthy habits for your family, discussing topics such as nutrition, emotional wellbeing, parenting skills and getting more active.
- **Masterclasses**: Live streamed events for professionals and the public on topics like physical activity, parenting, conflict resolution and healthy eating. Recordings will be available, and live events will resume as soon as possible.

### Walking and cycle routes

For walkers and cyclists, why not follow the St Albans Green Ring? This is a 9km long continuous route that encircles the City centre, connecting many parks and existing routes such as the Alban Way. You can view a map of the Green Ring here: [Web Link](#) or have a look at the Council's website with a list of cycling and walking routes. [Web Link](#)

If you're looking for a longer walk, why not try beautiful Heartwood Forest, where you can find beautiful bluebells, wildflower meadows, and plenty of wildlife. [Web Link](#)

If you're looking for somewhere to take the kids this Spring, why not try one of the many play areas around the District? Local councils provide and maintain lots of play areas across the District, in parks such as Verulamium Park, Clarence Park, Bernards Heath, Rothamstead Park, and many community and village locations. St Albans City and District Council alone provides over 40 such play areas. See: [Web Link](#)

While you're out and about in nature, why not learn about the trees you come across with the Woodland Trust's guide to British Trees: [Web Link](#)



# Addictions

## Stop Smoking

### Quitting during COVID

The last year has been difficult for many of us. Stress and concern about our health is on the rise. For smokers this has pulled them in two directions. On the one hand, the chances of smokers successfully quitting are as high as they've ever been. On the other, experiencing stress and mental distress can lead to smokers smoking more.

Quitting can be less stressful than you may fear and can ultimately improve your sense of wellbeing. All of us have less control over our lives than we'd like at the moment, but smokers can take some positive control. We can support smokers to seize the moment and look forward to a happier smokefree future.

- Quitting smoking doesn't have to feel painful – stop smoking aids can really help
- Quitting isn't always easy but getting the right stop smoking aids and support can stop you feeling like you need a cigarette all the time
- Today is the day to put smoking behind you. Smokers who quit for 6 weeks or more are happier and experience less anxiety and depression than those who carry on smoking.
- Research shows that people who have quit smoking for a year are happier than those who continue to smoke.

Stopping smoking is the best thing you can do for your health and mental wellbeing.

For support to quit, contact **0800 389 3998** or visit our web site: [Web Link](#)

## The Living Room

The Living Room is an abstinence-based service that 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.

The Living Room has continued to support clients and their families throughout the whole period of the different stages of lockdown and social distancing measures. We are pleased to announce that our St Albans services is returning to a location-based service in stages over the coming months. For those who cannot attend a location-based service, we are able to offer virtual group counselling via our new Hertfordshire Hub as well as certain specialist groups for Disordered Eating, Gambling and support for our Family and Carers.

Please contact us today if you need support with yours or a family members addiction.

Please phone for an appointment:

**0300 365 0304 (local rate)**

Email: [enquiries@livingroomherts.org](mailto:enquiries@livingroomherts.org)

Website: [Web Link](#)







## Mental Health

### Spring into Health

Mind in Mid Herts has created a virtual challenge to help you get fit for summer while raising vital funds to support the people of Hertfordshire. The challenge is to take on the distance of the perimeter of Hertfordshire (170miles) at your own leisure using the Myles virtual app. You can take on this challenge on your own or you can form a team and split the distance.

You can run, jog, walk or even skip, the choice is yours! You just need to complete the challenge before 16th April! For more information or to sign up head to the website below: [Web Link](#)



### Mind In Mid Herts

#### Mental Health Workshops & Courses

Mind in Mid Herts is your local mental health charity and are currently offering a number of workshops and courses for individuals and businesses.

These courses and workshops provide tools and tips to help you look after your wellbeing. They also provide an awareness of how to spot the signs in others who might be experiencing a mental health difficulty. For more information or to book onto a course or workshop head to their website: [Web Link](#)



## Mental Health

### Harts in Mind

Recently a new Hub partner has joined us. Harts in Mind is an arts-based charity, which offers support via art projects. It provides free online discussion groups as well as sessions teaching art techniques. Recently its volunteers have been hard at work knitting 'thank you' bears for our NHS staff working in difficult circumstances, from nurses to cleaners and porters.

They have been received by hundreds of NHS staff at the West Herts Hospitals Trust (Watford General, St Albans and Hemel) and the Royal Brompton and Harefield NHS Foundation Trust, among others.

They have a packed schedule of events:

Zentangle with Lucy Farran aka 'The Lucky Tangler', via Zoom.

Zentangle is a technique anyone can learn producing amazing effects. There are thousands of 'Tangles' to learn. All you need is a fine liner black pen, HB pencil and square of white thick paper or card 10cmx10cm.

'Let's Talk Art' Discussion Group via Zoom

Participants look at art from Street art, Banksy, and Tracy Emin to old masters. Lively discussion group lead by you. Feel free to show images that you would like to discuss. Come with an open mind.

Spring Art Competition and Summer Competition

Send in your images, any medium. The theme for spring is Sunshine, Spring, Hope. Summer theme yet to be fixed. Certificates and our Arts Trophy can be won.

Harts in Mind also run a Community stall monthly at the St Albans Antique and Vintage Market, providing opportunities for artists to sell their work. [Web Link](#)

### Nature

#### Birdwatching

As the days get longer and warmer, you might have noticed that there's much more birdsong to be heard, and studies show it's beneficial to your health, reducing stress and boosting a feeling of calm. The National Trust have put together a guide to birdsong and bird spotting that can help you identify the birds you see and hear.

[Web Link](#)

The National Trust also provides lots of activities such as wildlife spotting sheets, and guides to things like making your own compost, and stargazing. [Web Link](#)

#### Gardening

The Royal Horticultural Society provides lots of information about gardening and inspiration for projects. It has online courses and ways to get the whole family involved this spring. For example, you could make a bee hotel, or get some tips for growing your own tomatoes on your windowsill. There are lots of resources for kids and parents to learn more. See: [Web Link](#)





## Hub Partners

### Citizens Advice

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.

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.

Visit our local website [Web Link](#) for local webchat and email advice

Visit the national Citizens Advice, website for online advice or to chat online to an adviser

Call Hertfordshire Adviceline, on **03444 111 444, or 03000 3300 650** from a mobile.

Get help with a new claim for Universal Credit by calling the Universal Credit Help to Claim line on **0800 1448444**

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).

### Herts Help

Herts Help provides a free helpline to give you the support and advice you need in difficult times. They will make sure you get the help you need by directing you to specialist support services that can give you confidential and anonymous advice.

They can help with a huge range of issues, including homelessness, finding the right care, help to manage at home, and staying safe from coronavirus. [Web Link](#)

### Communities 1<sup>st</sup> Compassionate Community Connector Programme

We focus on providing much needed practical support to anyone who requires help during these challenging times.

We recognise that whilst COVID-19 may affect everyone, there are some people who are at greater risk than others. Our team of volunteers can help you with:

- **Shopping**
- **Collection of prescriptions**
- **Dog walking/Pet sitting**
- **Signposting you to other services**
- **Walking Buddy**
- **Or a friendly conversation if you're feeling lonely.**

#### To access support:

**Telephone: 020 8207 5115**

**Email: [help@communities1st.org.uk](mailto:help@communities1st.org.uk)**

**Website: [Web Link](#)**

If you would like to volunteer, there are many opportunities (socially distanced of course) that you can get involved in. Roles from call handlers, to drivers, digital champions, befrienders, project facilitators, welfare check/survey callers, face mask makers and handyperson assistants.

To volunteer visit our website [Web Link](#) or email: [volunteer@communities1st.org.uk](mailto:volunteer@communities1st.org.uk) and one of our friendly volunteers will give you a call to discuss the opportunity(ies) you might be interested in.



## Hub Partners

### The Thrive Young Persons 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.

**The clinic is currently held at Parkbury House Surgery in St Albans on Thursday afternoons from 3.30 - 7pm.**

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

### Small Acts of Kindness

Small Acts of Kindness' aim is that every older person feels warm in their home and connected to their community. It sources 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.

**Telephone: 01923 372717**

**Email: [info@smallactsofkindness.co.uk](mailto:info@smallactsofkindness.co.uk)**

**Visit: [Web Link](#)**

**Facebook: [Facebook Link](#)**

**Twitter: [Twitter Link](#)**

**Instagram: [Instagram Link](#)**

### GamCare

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

**Telephone: 0143 848 7003**

**Email: [hertfordshire@gamcare.org.uk](mailto:hertfordshire@gamcare.org.uk)**

**Website: [Web Link](#)**

### Stop Smoking

Stop Smoking Provides free, confidential and non-judgemental advice and support to everyone on stopping smoking.

**To book an appointment, please call: 0800 389 3998 or 01442 435 071**

**Website: [Web Link](#)**

### 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.

#### For an appointment Telephone:

**0300 365 0304 (local rate)**

**Email: [enquiries@livingroomherts.org](mailto:enquiries@livingroomherts.org)**

**Website: [Web Link](#)**

### Carers in Hertfordshire

Carers in Hertfordshire provides 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. They provide an opportunity to talk through your caring role and help you access support, advice and information, at a time that is right for you

**Telephone: 01992 58 69 69**

**Website: [Web Link](#)**

### Hertfordshire Practical Parenting Programme

Hertfordshire Practical Parenting Programme supporting parents and carers of children aged 12+ to access relevant services via volunteer advocates.

**Please phone for an appointment:**

**Telephone: 01992 638000**

**Website: [Web Link](#)**



## Hub Partners

### InspireAll's Family Support Service

InspireAll's Family Support Service offers support to families, with children 0 - 11 years. Their offer includes universal support such as Stay & Play sessions, Rhyme Time and a range of public health services such as breastfeeding support and healthy eating as well as 1:1 support and group work for families.

**Telephone:** 0300 123 7572  
**Email:** stalbans.fcsequiries@inspireall.com  
**Website:** [Web Link](#)  
**Facebook:** [Facebook Link](#)  
**Instagram:** [Instagram Link](#)

### 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.

**Website:** [Web Link](#)  
**Telephone:** 03301 025 811 or  
**Email** referrals@saferplaces.co.uk.

### 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.

**Website:** [Web Link](#)  
**Email** Self-referral@shaw-trust.org.uk.  
**Telephone:** 0800 389 0082

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

### St Albans District Credit Union

St Albans District Credit Union Members are encouraged to save, and these savings provide funds from which loans to members are made. Free life insurance is provided on loans (subject to conditions).

**Telephone:** 01727 859135  
**Email:** office@stalbanscreditunion.co.uk  
**Website:** [Web Link](#)

### BeeZee Bodies

BeeZee Bodies is 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.

**Telephone:** 01452 717262  
**Email:** info@beezeebodies.co.uk  
**Website:** [Web Link](#)

### Shape Up

Shape Up is running more of it's amazing FREE men's only 12-week weight lost courses open to all Hertfordshire residents from January onwards!

Courses will be run via Zoom in the afternoon and the evening to suit the needs of the participants.

**For further information**  
**Website:** [Web Link](#)  
 or email Rhys.Ratcliffe@watfordfc.com

### Emmaus

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

**Email:** community.herts@emmaus.org.uk  
**Telephone:** 01727 817 294  
**Visit:** [Web Link](#)

## Hub Partners

### 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.

**Self referral link here:** [Web Link](#)

CBT based courses and workshops called 'living well' can be booked here: [Web Link](#)  
**Email** admin@mindinmidherts.org.uk  
**Website:** [Web Link](#)

### 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.

**Email:** contactus@theolliefoundation.org  
**Telephone:** 07715 311891  
**Website:** [Web Link](#)

### Youth Talk

Youth Talk offers 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.**  
**Email:** info@youthtalk.org.uk  
**Telephone:** 01727 868684  
**Website:** [Web Link](#)

### Age UK Hertfordshire

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.

**Telephone:** 0300 345 3446  
**Email:** Info@ageukherts.org.uk  
**Website:** [Web Link](#)

### Hertfordshire Asians Women's Association

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

**Telephone:** 07401 079970 or 07480 934282  
**Forenquiriesand to pre-book an appointment.**  
**Email:** hawaherts@gmail.com  
**Website:** [Web Link](#)

### Oaklands College

Oaklands College offers Initial information and advice on full-time and part-time courses. They also run adult courses such as cooking, bookkeeping, health and social care, and many more! To find out about their courses,

**Visit:** [Web Link](#)  
**Telephone:** 01727 737000  
**Email:** info@oaklands.ac.uk





## Contact Us:

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

Website: [Web Link](#)

Check Out St Albans Healthy Hub Facebook Page

[Facebook Link](#)



Colouring Fun

