



Healthy hub

St Albans

WINTER NEWSLETTER 2020



St Albans
City & District Council





This newsletter is packed with lots of information about health and wellbeing services in your community.

We're here to support and help you look after your physical and mental health during this difficult time.

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Christmas Events

Christmas will probably look very different this year for most of us, but there are still festive events going on in the District that you can access online or in a safe and socially distanced way. Keep an eye on the **Enjoy St Albans** website to find out the most up to date information about local events, including festive markets. [Web Link](#)

Communities 1st is planning a Virtual Advent Calendar for the month of December. This will be a short uplifting video every day from the 1-24 December, available to view on their Youtube channel. [YouTube Video](#)

St Albans Charter Market. Every Saturday and Wednesday the St Albans Charter Market takes place in St Peter's Street and Market Place, St Albans. Additionally, the Christmas Charter Market will be on every day from Monday 14 to Thursday 24 December, with special add-on 'fringe markets' in the High Street, George Street and Heritage Close St Albans.

The Secret Garden. The Abbey Theatre is putting on a production of The Secret Garden from the 19-30 December. This show will be available to see socially distanced in the theatre or via online livestreaming. You can book tickets on the website: [Web link](#)

Jingle Bell Walk. Join the Jingle Bell Walk in Harpenden and have great fun finding all the clues on a Covid safe scavenger hunt! Find more information here: [Web Link](#)

Christmas Trail across Wheathampstead. Follow the Christmas Trail across Wheathampstead and spot the Christmas carol songs! Check out the trail here: [Web Link](#)

St Marys Church in Redbourn are offering free Christmas Hampers to those who would really benefit this year. To find out more or to donate visit our website. [Web Link](#)

Volunteering

Vaccination Centre Volunteers

We're recruiting for the following roles to support the vaccination centres that will shortly be set up across Hertfordshire, West Essex, Luton, Bedford and Milton Keynes.

Post-vaccination Observation Support and Basic Life Support

Post-vaccination observation and first aid support in the post-vaccination area inside the pod.

Volunteer Steward

Ushering and Patient Flow. Patient flow management across the site. Parking attendance support

Volunteer Patient Advocate Volunteer

Answering patient queries and address any concerns about the vaccination in the waiting area.

Front of House Volunteer

Initial patient health check and patient check-in either in the car park or front desk.

Email: Volunteer@communities1st.org.uk or sign up via our website [Web Link](#)

Christmas Projects

We're endeavouring to deliver some festive projects to bring joy to people this Christmas, especially those who have suffered any kind of hardship due to the pandemic. Not just the elderly and isolated but families who have had a hard time, people living with long term health conditions or disabilities and others who will be alone and feeling the lack of contact most acutely.

We are in the process of arranging Festive Window Visits in St Albans, Hertsmere, Welwyn Hatfield and Broxbourne. Volunteers will be going out to visit people isolated at home to have a friendly, socially distanced chat, give a small gift and share some Christmas Cheer. We need people who are willing to help our project team with the many complex associated logistics. Email volunteering@communities1st.org.uk

We'll also be arranging some friendly phone calls to those who will be feeling lonely over the traditionally family and friends focussed days of Christmas and New Year.

We'll be distributing some lovely, heart-warming, positive messages/stories to those who have suffered this year in the form of Christmas Cards and letters written by local school children from around the county.

Local Community Support

Our support for local charities and community organisations remains available. If your group needs help at this time please do get in touch. We hold weekly virtual coffee mornings for organisations Thursdays at 10am. We also have a weekly virtual lunchtime catch up for anybody who volunteers or wishes to volunteer from the local area every Thursday 12:30pm. To book on to either of these free sessions visit our website and click "What's On" [Web Link](#)

We most certainly are hard at work here and I'm sure you'll agree some of this is really relevant to the readership of the newsletter. I'd be happy for you to remove some of the finer detail around covid response volunteering to include some of this which is a more urgent need right now.

We have just launched our Virtual Variety Advent Calendar, extremely talented volunteers have recorded a range of short entertaining acts to bring a smile at this difficult time. These are being uploaded each day onto our Youtube Channel so do tune in and catch those. We're hoping these will be shared far and wide for people to enjoy, we'll certainly look to share these with people on phones and tablets when we do our festive window visits.

In addition to this we will be recording a range of festive bedtime stories for children/families. These too will be available for a limited time on our Youtube channel but via a special link due to our licensing limitations. Anyone who wishes to receive these or find out how to tune in to the festive stories can Email: help@communities1st.org.uk



Resolutions

Everyone knows that January is the time to stop bad habits and start good ones, but this doesn't always last past the first few weeks! With the help of our Healthy Hub partners, we've put together some handy tips and resources for staying motivated and getting help to reach your goals.

- Think about what you would be proud to have achieved by the end of the year.
- Break your goal down into several smaller goals.
- Don't let perfection stop you from getting started.
- Get a friend to join you in your goal to keep you motivated.
- Be kind to yourself.

And perhaps most importantly...

Don't be afraid to ask for help.

There is lots of help available to you, no matter what your New Year's resolution is.

Your GP will be able to give you advice regarding weight loss, exercise, and smoking which is tailored to your needs, and there may be referrals they can make to other services.

Hertfordshire County Council runs a **Stop Smoking Service**, offering non-judgemental support and advice.

Read more about our **Healthy Hub** partners to find out the help that is available to you. [Web Link](#)

Healthy
hub
St Albans



Getting Fit & Healthy

Getting fit is a classic New Year's Resolution for a reason! With support from our partners in the Healthy Hub, there are lots of ways you can make this resolution a reality.

Watford FC's Shape Up programme educates men to develop a healthy relationship with food and change unhealthy behaviours and habits that cause weight gain. The programme engages men in a fun and effective way and uses group exercise and sport to improve fitness and support weight loss. [Web Link](#)

Beezee Bodies provide healthy lifestyle and weight management advice to families and individuals in the district. Their physical programmes have been moved online so you can start getting fit from the comfort of your home. [Web Link](#)

Sport England The website has tips, advice and guidance on how to keep or get active in and around your home. [Web Link](#)

NHS. The NHS has easy, fun and free exercise programme that you can download and do at home. These include Couch to 5K - [Web Link](#) and Strength and Flex - [Web Link](#)

NHS. The NHS also has a collection of gym-free workouts if you are looking for a cheap and easy way to get fit this winter. A great example is the sofa workout below. [Web Link](#)

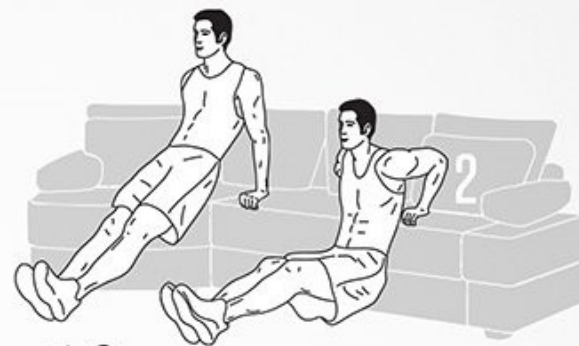


Sofa Workout

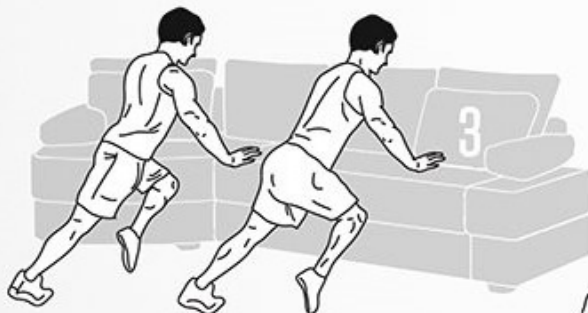
Repeat 3 times | up to 2min rest between sets
© neilarey.com



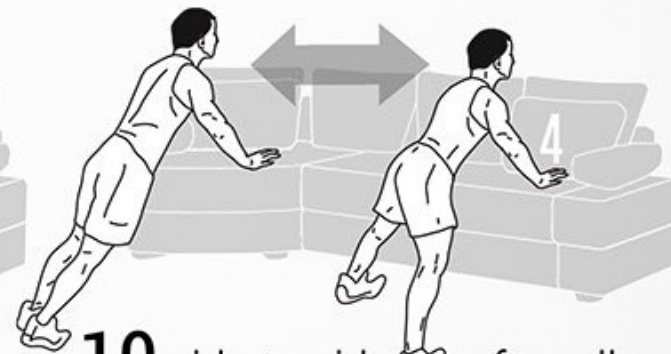
20 half squats



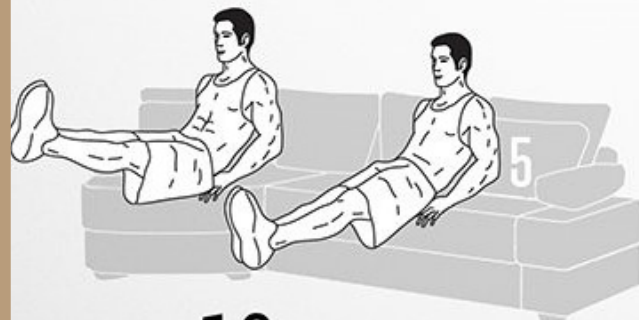
10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles



Vegan Ice Cream

Healthy Eating

If you are feeling bad about your diet over the festive period, why not make positive changes to what you eat in the New Year?

There are lots of recipes out there to help you make easy, affordable changes to your diet. Why not try some recipes from our Healthy Hub partners **BeeZee Bodies**: [Web Link](#)

For example this Healthier Toad in the Hole for some winter comfort food: [Web Link](#)



Perhaps you'd like to be a bit adventurous with your Christmas desserts. Why not try some vegan and non-dairy coconut and strawberry ice cream to add to the feast? [Web Link](#)

The **NHS Change4Life** website has lots of great recipes and inspiration for meals the whole family will enjoy. [Web Link](#)

If you are looking for culinary inspiration for the festive season, **BBC Good Food** has a variety of recipes for using up your Christmas leftovers. [Web Link](#)



Mental Health

Christmas can be a difficult period, even more so because it's meant to be the most wonderful time of the year. If you are struggling, please remember that you are not alone and there is help and support available for you. If you need some help this winter, please get in touch with some of these organisations.

Herts Help can provide support in a crisis, and they will be able to signpost you to specialist services that deal with your problem. You can call them on **0300 123 4044** or visit their website: [Web Link](#)

Mind In Mid Herts work to ensure the people of Hertfordshire's mental health is supported and respected so that nobody has to face a mental health problem alone.

They support positive mental health working across three themes: prevention, social support and recovery.

Mind Website: [Web Link](#)

Corona Virus Mental Health Tips
Website: [Web Link](#)

Work Place Mental Health Tips
website: [Web Link](#)

There is also lots of mental health support available for young people in the district.

The Ollie Foundation provide confidential help and advice to young people and anyone worried about a young person visit the website for details: [Web Link](#)



Addictions

If you or someone you know is struggling with addictions or dependency, please get in touch with one of our partners listed below. They will provide non-judgemental, confidential and free advice and assistance.

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. They treat all addictions and are accessible to all. [Web Link](#)

Herts County Council's Smokefree service provides free, confidential and non-judgemental advice and support to everyone on stopping smoking. [Web Link](#)

Gamcare Offer free, confidential and non-judgemental treatment services for individuals impacted by their own or someone else's gambling. They are able to provide treatment over the phone and online. [Web Link](#)





— Local Schemes Responding To Covid-19 —

No matter where you are within the district, there is help available to you during the second lockdown and beyond. These local schemes provide support to residents.

Colney Heath Community Support Group
[Web Link](#)

Harpenden Cares
[Web Link](#)

Redbourn Care Group
[Web Link](#)

St Stephen Parish
Bricket Wood Neighbourhood Assistance:
 Email: help@bricketwood.org
 Telephone: 01727 260963.

Sparshott home deliveries
 Email: info@sparshott-fruiterers.co.uk
 Telephone: 01923 674896 / 661167

Chiswell Green Post Office home deliveries
 Telephone: 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 our website: [Web Link](#)

If you are in crisis, please know you are not alone, and there is help available to you.
[Web Link](#)



— Help For The Whole Family This Winter —

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](#)

The Alzheimer's Society has compiled a few tips to help you make the most out of the festive season while supporting someone with dementia. [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](#)

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](#)

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](#)



Keep Warm This Winter

It's important to keep warm over the winter months. We've compiled a few tips for some ways you can keep your home warm, increase energy efficiency and save money.

Small Acts of Kindness. One of our Healthy Hub partners is **Small Acts of Kindness**. They 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. [Web Link](#)

SMALL
ACTS OF
KINDNESS

Top Tips For Keeping Warm This Winter

1. Read your meter regularly to make sure your bills are accurate and up to date
2. Install a Smart Meter
3. Shop around for energy suppliers to get a better deal
4. Insulate your home - there may be financial assistance available to help you
5. Check if you're eligible for any benefits such as the Winter Fuel Payment

Click on the links to find further information and advice.

Energy Efficiency: [Web Link](#)
Yes Energy Solutions: [Web Link](#)
Simple Energy Advice: [Web Link](#)



Money Management

Winter can be the most difficult time of the year when it comes to managing your money. Christmas presents, increased heating bills, plus this year the added pressure of the coronavirus pandemic – many people may be struggling this winter. Luckily there is free advice available to help you take control of your finances.

The St Albans Credit Union helps local people save and borrow at affordable rates of interest. There are no external shareholders – members own the credit union and share any dividend. [Web Link](#)

The Citizens Advice Bureau can offer expert advice to help you get on top of your finances, as well as resources such as budget calculators and sample letters to creditors. [Web Link](#)

The Shaw Trust are a national charity providing 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. [Web Link](#)

StepChange provide free, confidential and expert debt advice and money guidance. [Web Link](#)

Protecting yourself from scams

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

There has been an increase in Covid-19 related scams in recent months. Check the websites below to find out more about how to spot scams and how to protect yourself and your loved ones. You can also report anonymously on the Crimestoppers website.

Crimestoppers website: [Web Link](#)

Action Fraud Police website: [Web Link](#)

Friends Against Scams website: [Web Link](#)



Bored In Lock-Down

Being stuck at home for the time being might be the perfect opportunity to try new things, learn some new skills or take up a hobby.

Communities 1st has put together a list of ideas and inspiration to keep the whole family entertained this winter. This includes online games, virtual museum tours and free colouring books. [Web Link](#)

The Open University provides a huge range of free courses which can be completed online in your own time. Click the link below to see what's on offer. [Web Link](#)

Oaklands run a wide range of courses in areas such as brickwork, carpentry, pottery, cookery, British Sign Language and English as a Second Language. It may be able to provide financial assistance for their courses if you are on low income. [Web Link](#)





Christmas

WORD SEARCH

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



JINGLE BELLS BOW CANDY CANE CAROLERS CHRISTMAS TREE DECORATIONS ELVES	FIREPLACE GARLAND GINGERBREAD HOLIDAY JOLLY SANTA MISTLETOE	NORTH POLE ORNAMENTS PRESENTS REINDEER SNOWMAN WREATH WRAPPING PAPER
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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 1st 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

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 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

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

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

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.fcscenquiries@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
Forenquiriesandto 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



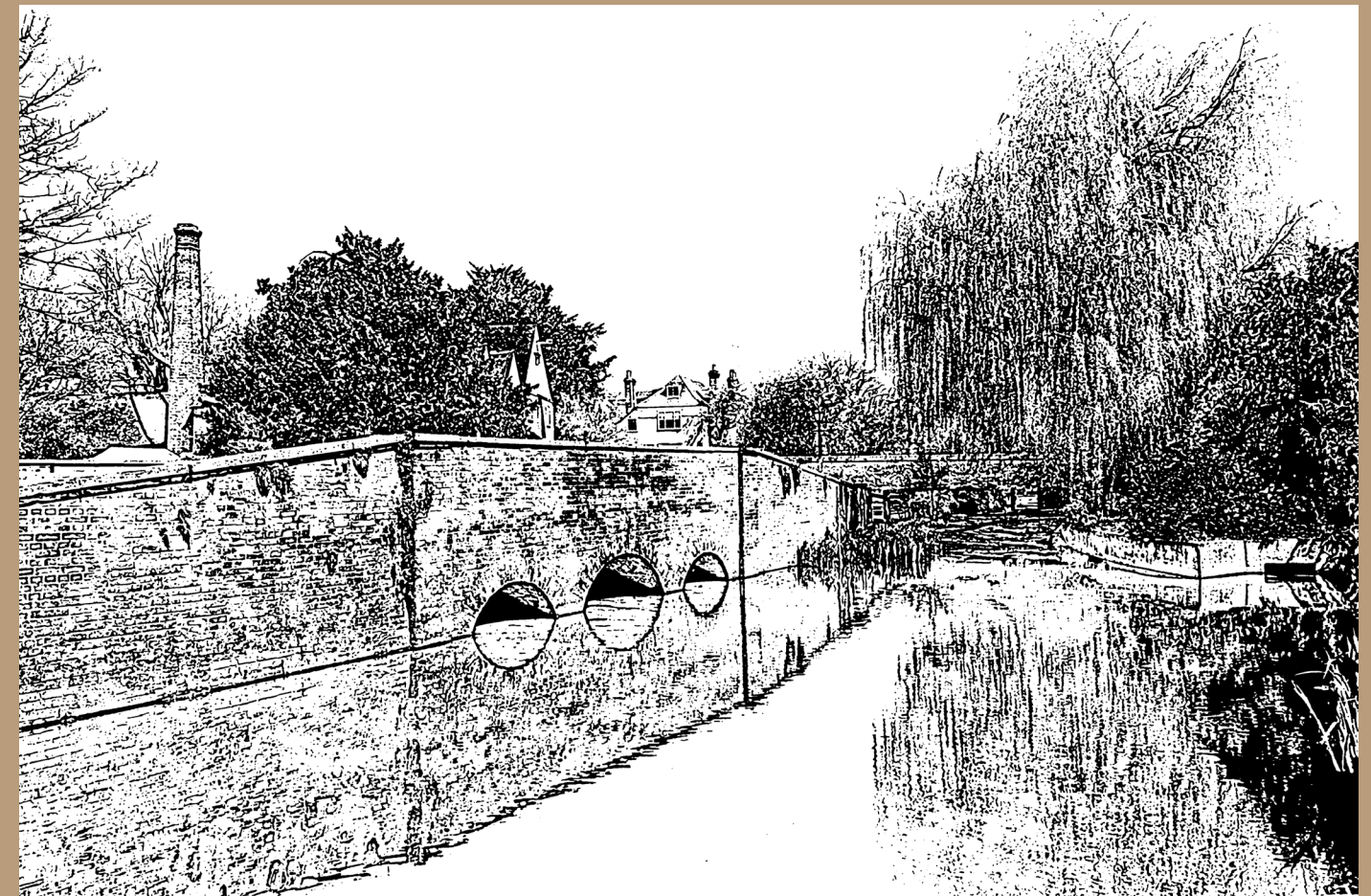
Contact Us:

Email: Healthy.Hub@stalbans.gov.uk

Website: [Web Link](#)

Check Out St Albans Healthy Hub Facebook Page

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