



Welwyn Hatfield

Health and Wellbeing Hub

Welcome.

Your one stop shop, supporting you and signposting you to your amazing local and national health and wellbeing services. We are currently sharing health and wellbeing information to support you through the Covid19 pandemic and this issue we are featuring **Men's Health Week and Loneliness Awareness Week.**

Men's Health Week takes place 15th – 21st of June every year.

MEN'S HEALTH WEEK

MEN'S HEALTH FORUM 

You'll have surely guessed the theme for Men's Health Week 2020. It's 'Take Action on Covid-19'. Men's Health Forum leading the campaign are looking at what we can all do to prevent the virus doing more damage;

For men

- take action to avoid spreading the virus
- take action to get the best out of lockdown and the 'new normal'
- take action to beat 'underlying conditions'.

Let's talk even if we're social-distancing



It can be difficult to put how you're feeling into words. The Men's Health Forum site is designed to help you do that. You can be strong without being silent. In fact, strength is often to be found in talking. Without words, too much stress can kill. Three-quarters of suicides (75%) are male. The Men's Health Forum has some great activities to help start the conversation. Take a look at **How's your Pandemic?**

<https://www.menshealthforum.org.uk/hows-your-pandemic>

For Men's Health Week the Healthy Hub is focusing on sharing support to help men to talk about their problems.

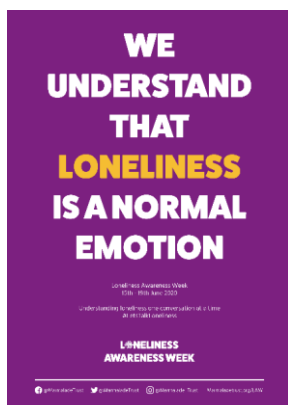


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National Loneliness Awareness Week is 15th-19th of June.

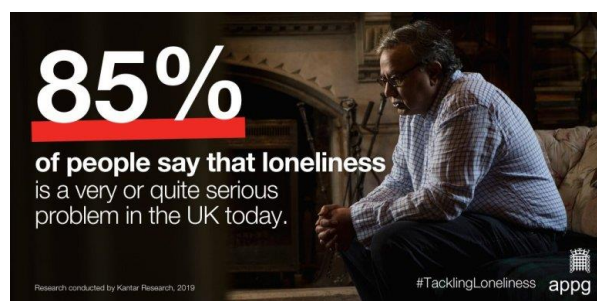


Marmalade Trust is a charity that raises awareness of loneliness and helps people to make new connections. The vision is to create a society where anyone can talk freely and openly about loneliness – after all, it's a normal human emotion. Marmalade Trust is the home of Loneliness Awareness Week. Their aim is to empower everyone to understand loneliness one conversation at a time. By building on our understanding, we can help ourselves and others to manage feelings of loneliness. <https://marmaladetrust.org/wp-content/uploads/2020/06/Loneliness-Awareness-Week--Supporter-Pack--2020.pdf>

Hatfield's Men's Shed opens again 10.00am-2pm

Our **local Men's Shed** run by founder Peter Lowe gives our community the chance to connect with each-other and talk. Research shows that men 'connect' better shoulder to shoulder when working together, rather than face to face. That is why Men's Shed has teamed up with a local Social Enterprise to offer short course accreditation for a small number of qualifications that are 'credit based' so that no one has the stress of exams and tests and that all the qualifications are evidence based. <https://hatfieldmen.webs.com/>

National Men's Shed's raises awareness of the social and health benefits of Men's Sheds in reducing isolation, loneliness and in empowering local communities. This week Men's Shed's are encouraging UK Sheds to join in the effort to tackle loneliness in the UK.



Men's Sheds are encouraging everyone to take part in a Government enquiry to help address loneliness follow this link to find out more;
<https://menssheds.org.uk/2020/05/01/help-to-tackle-loneliness/#more-4989>



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Let's end loneliness with the Five Key Messages for Health and Wellbeing

CONNECT Speak to someone

The Campaign to End Loneliness is offering some great advice on how to stay connect and feel less isolated and lonely during lockdown. The Campaign to End Loneliness believe that people of all ages need connections that matter. There are nine million lonely people in the UK and four million of them are older people. Many older people find constant loneliness hardest to overcome. They lack the friendship and support we all need. Follow the link to find out how you can take part;
<https://www.campaigntoendloneliness.org/blog/coronavirus-and-social-isolation/>

Age UK Hertfordshire Befriending Services are entirely free, available throughout Hertfordshire, and aim to ease loneliness and isolation for people aged 50 and over. Call Welwyn Hatfield Telephone: 01707 375 814 or follow the link <https://www.ageuk.org.uk/hertfordshire/our-services/befriending-services/>

JOCA - Just One Click Away Set up by Welwyn Rugby Club, this local service provides support, guidance and a friendly ear, especially for men. Follow the link <https://jocarugby.co.uk/about-joca.html>

Family Lives is a small charity in Hatfield dedicated to helping build better family lives. They offer a family forum and a helpline. Please call **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. The phone lines are open between **9am – 9pm, Monday to Friday** and **10am – 3pm Saturday and Sunday**. Their forums are a safe space for families to share dilemmas, experiences and issues with others. Follow the link for more information.
<https://www.familylives.org.uk/how-we-can-help/forum-community/>

Doctors in Distress is inspired by the tragic case of a brilliant and compassionate consultant cardiologist who died in November 2018. He worked to the point he burnt out and felt he had only one way out to escape his suffering. He left behind a loving family, colleagues and a lasting memory with the patients he treated. Medics in the UK (and indeed elsewhere) are under enormous pressure & workload and the NHS is widely perceived as a system that is resource constrained. As a result, this charity was created to raise awareness on the value of medical professional's health and wellbeing and the need to care for those that care for us. They have some great wellbeing resources, just follow the link;
<https://doctors-in-distress.org.uk/useful-resources/>



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KEEP LEARNING.....to be honest about your feelings

Herts Mind Network are running support groups for Men. They are safe and welcoming groups where you can feel supported. These groups are a good way to share experiences, build social networks and meet people in a non-judgemental setting. Support groups are client-led and structured, and include activities such as outings and discussions with invited speakers, as well as a monthly agenda of topics. To find out more about these support groups call **02037 273600** or follow the link;
<https://www.hertsmindnetwork.org/support-groups>

Welwyn and Hatfield Libraries are closed during lockdown. However our Libraries offer some great ebooks to read online. They are also raising awareness of Loneliness Awareness Week by encouraging people to come to their Social group called Tuesday Allsorts held twice a month. The group will be opening soon offering time to talk and listen over a cup of tea and a biscuit;
<https://www.hertfordshire.gov.uk/services/libraries-and-archives/library-opening-hours/welwyn-garden-city-library.aspx>

Computer Friendly a local computer company offering some low cost computer courses to help those who are new to computers learn the basics. Being able to use a computer at this time is vital to staying in touch whilst isolating. Take a look at the courses they offer by following the link;
<https://www.computerfriendlystalbans.org.uk/onlinehelp.html> or give them a call if you want someone to help you find the right course **01727 617359**.

If you want to try something new and you fancy trying your hand at acting **Mimic Theatre Company** are offering online Adult classes in; Working on TV, Straight Acting Classes and Play writing. Follow the link to sign up;
<https://www.mimictheatre.co.uk/youth-theatre-classes>



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GIVE.....Call someone

The Butterfly volunteers are a group of specially trained people who support dying patients, their families and friends at the end of their life. They offer one to one support, compassionate listening, comfort and companionship, particularly for those patients with few or no visitors and are alone. If you are interested in volunteering please follow the link to find out more; <https://www.enherts-tr.nhs.uk/about/get-involved/current-volunteering-opportunities/>

Do you want a future where people feel free to talk about loneliness without embarrassment or fear of being judged? **Take a pledge** with **The Marmalade Trust** to open a conversation about loneliness and help make a difference; <https://marmaladetrust.org/law-pledge/>

Viewpoint invites you to a new regular night of music appreciation, starting on Saturday 13th June at 7pm, where you can share the songs that inspire & motivate, the music you turn to when feeling blue and the bangers you play to blow the cobwebs away. Why not call a friend and invite them along;

<http://www.hertsviewpoint.co.uk/news-stories-collection/music-appreciation-zoom-session-saturday-13th-june-7pm>

Men's Group is an organisation offering, drop in online men's groups. If you are looking for somewhere to talk with other men and can't find a men's group in Welwyn or Hatfield then Men's Group offer a quick training course to help you start your own group, just follow the link and invite your friends/colleagues neighbours; <https://mensgroups.co.uk/quick-start-guide/>



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WelHat SPORTS



Hertfordshire

TAKE NOTICE.....and Spot the Signs

Men's mental health is a large factor in suicide prevention and is one of the Spot the Signs and Save a Life campaign's main target areas. This is because:

Suicide is the biggest cause of death for men under 45 in the UK

In Hertfordshire 80% of all suicides were male

82% had discussed mental health with their GP

Male suicide rates in Hertfordshire peak in the 20-29 age range unlike the national picture where the peak occurs later in life (40-49 years)

Spot the Signs is a suicide prevention campaign, helping to remove the stigma of talking openly about suicide. They provide training courses and signpost to mental health services available in Hertfordshire. <https://www.mindinmidherts.org.uk/get-involved/spot-the-signs-and-save-a-life/>

The Fawcett Society is a charity campaigning for gender equality and woman's rights at work and in the home. New polling analysis released today reveals the pressure on BAME women during the coronavirus lockdown. 43% of disabled or retired BAME women and 48% BAME men say that they had lost government support compared with 13% of white women and 21% white men in the same group. Talk a look at some of their campaigns <https://www.fawcettsociety.org.uk/Event/50-years-of-the-equal-pay-act-time-to-start-valuing-care>

'Ask Twice' is a campaign set up by **Time to Change**. **'Ask Twice'** is a campaign to help people talk about their feelings and offers guidance on how to talk to your friends about their mental health issues. Sometimes we say we are fine when we are not. Asking if someone is fine twice will give you an opportunity to find out how they really are. <https://www.time-to-change.org.uk/asktwice>

This week is also **Small Charity Week 15th -20th of June** to highlight the amazing work small charities do in our local community to support the vulnerable. <https://smallcharityweek.com/> If you are a small charity or business and need financial support follow the link to find information on the latest grants. <https://www.communities1st.org.uk/Covid19Funding>

The Hertfordshire Local Resilience Forum is looking for community experts from across the 10 different districts and boroughs in Hertfordshire to participate in a Community Impact Assessment Questionnaire to help identify those who may be adversely impacted by coronavirus. It is important to understand that coronavirus is likely to have a lasting impact on our communities for the short, medium and long term. By engaging with your networks and telling us which groups you are aware of that need support, with a particular focus on those harder to reach groups or 'hidden communities', this **Community Impact Assessment Questionnaire** will help shape the local recovery from the pandemic. Take action share your voice; <https://www.eastherts.gov.uk/community-reassurance-cell-coronavirus>



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BE ACTIVE.....Feel better

“**We Are Undefeatable**” is a movement supporting people with a range of long term health conditions, developed by 15 leading health and social care charities. Their purpose is to support and encourage everyone to be more active, working with each person’s condition, not against them.

Take a look at how ‘We Are Undefeatable’ helped Tony;

<https://weareundefeatable.co.uk/our-stories/tony>

A fantastic opportunity has arisen to become part of **Herts Sports Partnership** team as Level 3 Community Sports and Health Apprenticeship. Open to young people aged 19-24 yrs. Follow the link for more information y <https://sportinherts.org.uk/educationandemployment/apprenticeships/#content>

Hertfordshire Disabled Sports Foundation activities are now online bringing you interactive physical activity sessions. All online sessions are free of charge. There are fitness dance session and discos. Follow the link to sign up <https://www.hertsdisabilitysportsfoundation.com/online-sessions-1>

If you love football and are keen to get back on the pitch **Hertfordshire FA** are making it easy to follow the current Government guidelines on playing football safely. Follow the link to find out more;

<http://www.hertfordshirefa.com/news/2020/mar/04/coronavirus-update>



Check out the most current government guidelines on how to stay safe during lockdown

<https://www.gov.uk/coronavirus>

Contact us-If you would like to contact the Healthy Hub Team with an enquiry regarding the Welhat Healthy Hub Website or you have a Health and Wellbeing news item for our news page and Bulletin then please email us on healthyhub@welhat.gov.uk

The Healthy Hub Team will aim to get back to you within 3 working days.



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