



Alcohol and pregnancy don't mix

There are many mixed messages about drinking alcohol during pregnancy which can cause confusion.

Even though some people suggest that drinking small amounts of alcohol while pregnant is fine, the truth is that there is no safe time, no safe amount and no safe option.

The only safe option during pregnancy is NOT to drink alcohol at all.

For tips and advice to help you go alcohol free, including some delicious mocktail recipes visit www.drymester.org.uk/he.

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



SPREAD
THE WORD
NO SAFE TIME
NO SAFE AMOUNT

www.drymester.org.uk

Warning: Wood fires are a risk to health

Wood-burning stoves and open fires are a major cause of air pollution in the home. Burning wood lets tiny particles into the air. Tiny particle pollution is harmful to health as it can enter the bloodstream, travel around the body and lodge in organs. The British Lung Foundation and Asthma UK have both advised against wood burning unless there is no other source of heating.

The Government has recently changed the laws around the use of log burners in smoke control areas, including the Borough of Broxbourne, with fines of up to £300 for emitting too much smoke from a wood-burning stove or open fire.

If you continue to burn wood indoors, reduce the smoke by avoiding wet wood. Set a fire by placing plenty of kindling and old newspapers on top of smaller pieces of wood, with just a couple of larger pieces of wood underneath. Use firelighters if necessary

to get the fire going. Set the airflow of a wood burner on high and leave the door of the burner slightly ajar for a few minutes till the fire is established, then close it.

After 30 minutes or so the fire should be well established and there should be little or no smoke coming from the chimney. Check by going outside to look. Now it is possible to add a couple more larger pieces of wood, leaving the airflow on high for a few minutes every time more wood is loaded.



**Don't let air
pollution make
itself at home.**

Keep mould away

With cold and wet weather, moisture and damp air in the home create conditions for mould to thrive. The moisture in the air condenses into water on cold surfaces and this is where the mould grows.

Mould appears as black spots in damp places, often in corners or in cupboards and wardrobes. Mould can release spores into the air which cause an allergic reaction, such as sneezing, a runny nose or a rash. The spores may also cause wheezing or coughing and even trigger an asthma attack.

To prevent mould from affecting your health, reduce damp and condensation in your home:

- Repair leaking roofs and drainpipes, keep guttering clear and in good condition;
- Avoid blocking any air vents, including air bricks at ground level;
- If you can afford to, keep the heating on at least at a low level in any areas that are affected by condensation;
- Keep the bathroom door shut while bathing, and open the window a little afterwards to let the damp air escape;
- Place a lid on pans when cooking and switch on the extractor fan or open a window;
- Move wardrobes and cupboards slightly away from the wall;
- Dry clothes outside when possible. If drying clothes inside, do not place them directly on radiators; put them on a rack nearby. If you use a tumble dryer, make sure it is vented to the outside.

For more information visit: Mouldy Homes (hertfordshire.gov.uk).

Mental health concerns: Get help now

You are not alone. If you or someone you care for finds themselves in crisis and are in need of advice, support, or help, there is someone providing care and support in your community waiting for your call.

Learn more about services located near you offering the care you need at: www.hertfordshire.gov.uk/mentalhealth.



Mental Health Support

for adults in Hertfordshire

In need of support and advice?

We are here to help.



Working together for a healthier future

Your health and wellbeing matters

Don't miss out on the latest health and wellbeing news.

Get instant updates, advice and support across Hertfordshire to help you and your family improve your lifestyle and live healthier, happier lives.

Follow  [Health in Herts](https://www.facebook.com/HealthinHerts) on Facebook.

You can also sign up to Update Me for health and wellbeing news straight to your inbox: www.hertfordshire.gov.uk/updateme.

Follow Health in Herts for the latest health and wellbeing updates, advice and support



Eating Disorder Awareness: It's time to bust these myths

Eating Disorder Awareness Week was earlier this month. More than 1.2 million people in the UK are estimated to be affected by an eating disorder.

The NHS define an eating disorder as "a mental health condition where you use the control of food to cope with feelings and other situations."

The three most common eating disorders in the UK are:

- Anorexia nervosa: trying to control weight by restricting food intake, by exercising too much or both;
- Bulimia: losing control over eating, and then taking drastic action to not put on any weight, such as forced vomiting, taking laxatives or exercising too much;
- Binge eating disorder: eating large portions of food in a short time to the point of feeling uncomfortably full.

So what are the myths around eating disorders?

Myth 1: Only women and girls get eating disorders.

Not true. Beat, the UK's leading eating disorder awareness charity, reported that one in four men have experienced an eating disorder, with many never speaking about their struggle or getting treatment.

It is important that everyone understands that boys and men can get eating disorders so they seek help.

Myth 2: Only teenagers are impacted by eating disorders.

Not true. Eating disorders can impact anyone at any age. Adults also need to be aware of any changes in their relationship with food and their body image.



Myth 3: There is no effective treatment.

Not true. With treatment and support many people can recover from an eating disorder.

If you believe that you or a loved one may be suffering with an eating disorder, visit the NHS eating disorder webpage to see the symptoms: Overview – Eating disorders - NHS (www.nhs.uk).

If you'd like to speak to someone about eating disorders, contact the BEAT helpline at 0808 801 0677 or email help@beateatingdisorders.org.uk. The BEAT website has more information and tools to help anyone coping with an eating disorder: www.beateatingdisorders.org.uk.

Remember eating disorders can be treated, so don't live in silence.



**We've extended
Adviceline opening
hours to cover evenings
and Saturdays -
meaning that you can
call us when it suits you**

Call free on 0800 144 88 48
Monday to Wednesday 10am to 9pm
Thursday & Friday 10am to 8pm
Saturdays 10am to 4pm

Real Bodies in Herts

Do you know a child who is worried about the way they look?

If so, they aren't alone. Almost half of Hertfordshire secondary school students report being worried about their appearance. Hertfordshire County Council's Public Health team has developed the Just Talk Real Bodies in Herts campaign, encouraging young people to celebrate the real diversity of human body shapes.

Young people have helped Just Talk develop the campaign, which provides;

- Advice for young people on how to feel better about the way they look;
- Uplifting advice from young people;
- Tips on how to navigate the pressures of social media.

In addition, First Steps ED are providing a FREE dedicated body image helpline for Hertfordshire young people, parents, carers and professionals to learn more about support and services available. First Steps ED's friendly team are available to answer any questions as well as offer advice and guidance around eating difficulties and eating disorders; just call 0808 196 2228 Monday to Friday from 9am-5pm. Any voicemails received outside of working hours will be answered the next working day.

For more information, please visit www.justtalkherts.org/realbodies. Young people and their parents/carers can follow @JustTalkHerts on Instagram, Facebook and Twitter, for mental health and emotional wellbeing advice all year round.



Nearly half of young people in Hertfordshire are worried about the way they look

ReAl BodieS
IN HERTS
EVERY BODY FOR EVERYBODY

Useful resources for 11-18 year olds as well as parents/carers can be found on the Just Talk website

JUSTTALK
www.justtalkherts.org

The graphic features a group of diverse young people in school uniforms. The text is overlaid on a teal background with a dashed line separating the headline from the logo and website information.

Walk into Spring

Walking is a great way to get more exercise into your day, helping to improve both your physical and mental health. Join others on a guided walk up to 3km to get some fresh air and explore the local area at a comfortable pace, in good company.

Here are some local guided walks:

- Wormley Community Centre, Fairfield Drive, Wormley every Tuesday and Thursday at 9.20am, walks for all abilities. Fast walks are held on the last Friday of the month;
- Pindar Car Park, Windmill Lane, Cheshunt, every Wednesday 10.30am to 11.30am;
- Rosedale Community Church, Andrew Lane, Cheshunt, every fortnight on a Tuesday 10-11am.

These walks are ideal for those at all ages and abilities, but please leave your dog at home.

To find more about these guided walks and others in the Borough, visit Walking – [Borough of Broxbourne Council](#).



Act FAST if you think someone is having a stroke

If you think someone might be having a stroke, dial 999 immediately. The signs are:

- **Face** – has it fallen on one side?
- **Arms** – Can they raise both arms and keep them there?
- **Speech** – is their speech slurred?
- **Time** – even if you are unsure, call 999 if any of the above are true.

Those over 50 are more likely to experience a stroke, but everyone should be vigilant.

Find out more about strokes here: [NHS Strokes](https://www.nhs.uk/conditions/stroke/).



FACE

Has their face fallen on one side? Can they smile?



ARMS

Can they raise both arms and keep them there?



SPEECH

Is their speech slurred?



TIME

To call 999 if you see any single one of these signs



WHEN STROKE STRIKES, ACT F.A.S.T.

ACT F.A.S.T. Help us help you