

## Watch out! Measles are about!

Cases of measles are on the rise. It is assumed that measles only affects children, but that is a myth. Measles can affect anyone in every age group, this includes adults and the elderly, especially if you've not been vaccinated.

Measles can make children and adults seriously unwell and it spreads very easily between people who aren't vaccinated. To protect your home and stop measles affecting your family, check your child's red book to make sure that your children have had two doses of the MMR vaccine.

If your child has hasn't received two doses of MMR vaccine, please call your GP practice to book an appointment.

Know the symptoms of measles: if you or your child has cold-like symptoms, followed by a rash a few days later or small spots in the mouth; call your GP immediately and stay at home. If you suspect other symptoms might be measles, visit the [NHS measles website](#) to find out more.

**Make sure your child is up to date with their MMR vaccinations**

Check your child's red book, and make an appointment with your GP practice to catch up on missed doses



### Reduce the risk of illness this winter

1. Stay home if unwell
2. Keep hands clean
3. Get your flu jab - it's not too late
4. Catch coughs and sneezes
5. Be aware of signs and symptoms

## This winter don't host a winter bug

A lot of nasty bugs are looking for an abode and this includes the norovirus. To protect yourself and your family, just follow these two steps.

**Step 1:** Wash your hands with soap and warm water. This is the best method to stop bugs spreading, as hand gels don't kill norovirus.

**Step 2:** Stay home if you're unwell, and if you've been sick with vomiting and diarrhoea, please avoid visiting hospitals and care homes until you are better.

# Set the right goals with Togetherall

The New Year has been and gone, and many people felt pressured to accomplish everything they didn't achieve last year.

This pressure could derive from trying to improve every aspect within your life and could lead to you feeling anxious, depressed, or overwhelmed.



There's no problem with setting goals, but it is important to be kind to yourself as you work towards them.

Check out [Togetherall's blog](#), which talks through goal setting, accepting where you are and growing from there.

For additional mental health support, visit: [www.hertfordshire.gov.uk/mentalhealth](http://www.hertfordshire.gov.uk/mentalhealth).

## Mental health help is available when you need it

[www.hertfordshire.gov.uk/mentalhealth](http://www.hertfordshire.gov.uk/mentalhealth)

We're **with you** this winter



## Cold weather health advice

### Plan ahead

- Keep an eye on the weather and the news.
- Make sure you have enough food and medicine.
- Get your heating system checked regularly.
- Take simple measures to keep out the draughts.
- Have torches handy around the home.

### If you go out

- Take extra care if it is slippery. If you do need to go out, wear shoes with a good grip and consider keeping salt and sand mixture handy to grit paths.

### Keep yourself warm

- If you're not very mobile, are 65 or over, or have a health condition, heat your home to at least 18C.
- Keep your bedroom at 18C all night if you can.
- Use a hot water bottle or electric blanket to keep warm in bed – but not at the same time.
- Have at least one hot meal a day and regular hot drinks.

### For further information

Visit: [www.hertfordshire.gov.uk/coldweather](http://www.hertfordshire.gov.uk/coldweather)

Call: 0300 123 4044

Sign up to health and wellbeing updates:

[www.hertfordshire.gov.uk/updates](http://www.hertfordshire.gov.uk/updates)

We're **with you** this winter

## Hot tips to keep warm this winter

With the temperature dropping, it's important to protect yourself and others as much as possible from the effects of cold weather. Here are some hot tips:

- Use a hot water bottle or an electric blanket to keep warm in bed, but do not use both at the same time. Turn off blankets when you get into bed, unless there is a thermostatic control for safe all-night use;
- Have at least one hot meal a day; eating regularly helps keep you warm;
- Have hot drinks regularly;
- To reduce the risk of sudden infant death syndrome (SIDS), babies should sleep in rooms heated to between 16C and 20C;
- Draw curtains at dusk and keep doors closed to block out draughts.

Visit <https://www.hertfordshire.gov.uk/coldweather> for more hot tips to keep winter at bay.



## Help to manage the cost of living

<p><b>HertsHelp</b></p> <p>Trained advisors offering free, confidential advice on local services and support</p> <p>Call: 0300 123 4044 Email: <a href="mailto:info@hertshelp.net">info@hertshelp.net</a> <a href="http://www.hertshelp.net">www.hertshelp.net</a></p>	<p><b>Community spaces</b></p> <p>Find a community space near you, locations all across Hertfordshire</p> <p><a href="http://www.hertfordshire.gov.uk/communityspaces">www.hertfordshire.gov.uk/communityspaces</a></p>	<p><b>Mental health</b></p> <p>Advice and support for your happiness, wellbeing and mental health</p> <p><a href="http://www.hertfordshire.gov.uk/mentalhealth">www.hertfordshire.gov.uk/mentalhealth</a></p>
<p><b>Money and benefits advice</b></p> <p>Free guides on debt and benefits, disability, bereavement, housing, retirement and carer support</p> <p><a href="http://www.hertfordshire.gov.uk/moneyadvice">www.hertfordshire.gov.uk/moneyadvice</a></p>	<p><b>Citizens Advice</b></p> <p>Free, local and confidential advice on benefits, money and credit problems, employment, housing and family issues</p> <p>Call: 0800 144 8848</p>	<p><b>Help for households</b></p> <p>Central government is offering support with energy bills, transport, childcare and household costs</p> <p><a href="http://www.helpforhouseholds.campaign.gov.uk">www.helpforhouseholds.campaign.gov.uk</a></p>

We're **with you** this winter

See all of the support, advice and services available to help you stay safe and well. Visit: [www.hertfordshire.gov.uk/winter-help](http://www.hertfordshire.gov.uk/winter-help)



# Know your HIV status

National HIV Testing week was earlier this month. This year marked 10 years since the first National HIV Testing Week.

The importance of this week is to encourage everyone to get tested. No matter your sexuality, race or gender identity, HIV can affect anyone.

It is recommended you test for HIV at least once a year or more regularly if you've had unprotected sex or more than one partner.

Testing for HIV is quick, easy and confidential.

You can get a FREE discreet HIV postal test kit

delivered to your door in plain packaging.

Don't wait, [order a free test kit](#) today and know your status.



# I TEST

Because HIV can affect anyone.



## Explore with Forever Cycling

Cross off a few landmarks from your bucket list this year by cycling with Forever Cycling. You won't need a bike, a passport or any previous training experience, just £3 to attend a Forever Cycling session.

Forever Cycling sessions will be taking place at Wormley Community Centre from 22 February to 11 July. Sessions start at 1pm. Enjoy an hour of peddling at your own pace across beautiful landmarks projected on a screen. Meet like-minded individuals and enjoy a cycle and natter session with your peddle buddies.

To book a session or find out more, telephone Viktoria Huszar on 07496829362 or email [viktoria.huszar@AITC.org.uk](mailto:viktoria.huszar@AITC.org.uk).



## FOREVER CYCLING

Pedal away at your own pace while experiencing some of the most iconic places in the world projected onto a screen.

£3 PER SESSION



TIME

1pm-2pm

## CONTACT

07496829362  
[VIKTORIA.HUSZAR@AITC.ORG.UK](mailto:VIKTORIA.HUSZAR@AITC.ORG.UK)

WORMLEY COMMUNITY CENTRE,  
FAIRFIELD DR, BROXBOURNE  
EN10 6DX

22nd of February	16th of May
7th of March	30th of May
21st of March	13th of June
4th of April	27th of June
18th of April	11th of July

# Be wary of the silent pandemic

Domestic violence is often referred to as a silent epidemic as many victims are either too afraid to seek help or can't. Domestic violence can take many forms:

- Physical;
- Emotional;
- Financial;
- Sexual;
- Psychological;
- Digital;
- Coercive control.

Seeking help is very difficult for anyone, however this becomes harder for victims from a minority community. People may feel shame or stigma, or fear being ostracised from their own community.

Even though it may be difficult and scary, you can get help.

Safer Places, Forward, Southall Black Sisters and Galop are just a few domestic violence services

here to help all victims. Forward and Southall Black Sisters specialise in understanding the experiences of African and Asian Women and have tailored supportive services to support women from these communities. Galop is a service that supports survivors from the LGBTQ community.

Remember, all abuse is wrong and should not be tolerated.



## Funding Alert

Are you a small charity or community group interested in working with communities who may not be accessing traditional domestic abuse services?

Hertfordshire Community Foundation, supported by Hertfordshire County Council, is offering grants from £10,000 to £50,000.

Applications close 7 March 2024. Find out more [here](#) or visit [www.hertscf.org.uk/grant-making](http://www.hertscf.org.uk/grant-making) for more funding opportunities.

Launching Soon

## Hertfordshire's Breastfeeding Friendly Scheme



Scan me to find out how we can help Hertfordshire mums feel more comfortable about breastfeeding.

Or email [breastfeedingfriendly@hertfordshire.gov.uk](mailto:breastfeedingfriendly@hertfordshire.gov.uk) for more information.



# Are you breastfeeding-friendly?

Hertfordshire County Council will soon be launching the Breastfeeding Friendly scheme to highlight safe spaces where breastfeeding is welcome. The Breastfeeding Friendly scheme aims to encourage businesses and public places to cater for breastfeeding.

You'll be able to recognise those who are supporting the scheme because they will display a Breastfeeding Friendly sign in their window.

Visit [Hertfordshire Breastfeeding](https://www.hertfordshire.gov.uk/breastfeeding-friendly) to sign your business up or to find local Breastfeeding Friendly venues.

## HOW MUCH ALCOHOL IS SAFE TO DRINK DURING PREGNANCY?



## Don't risk it, just say no

Whether it's a close family member or friend, don't fall for the myth that drinking alcohol during pregnancy is safe. It's not. The risks include miscarriage, premature birth, a low birth weight and Foetal Alcohol Spectrum Disorder (FASD).

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

Going without alcohol for 9 months doesn't have to be dull; enjoy mocktails such as Mint and Mango Iced Green Tea! Visit [drymester.org/he](https://www.drymester.org/he) for helpful tips and advice on how to go alcohol-free or to support a loved one.



## Turn those old New Year resolutions into action

Did you start the New Year determined to get healthy? Kick-start your progress with help from Broxbourne Healthy Hub. The Hub is here with you this winter to help you quit smoking, drink a little less, get more active, reach a healthy weight and more.

Pop into your local Healthy Hub for help today:

Community Hub, 59 Pavilions Shopping Centre, High Street, Waltham Cross Mondays, Tuesdays, Thursdays and Fridays, 9.30am-5pm.

For the latest health and wellbeing updates to increase your chances of achieving your goals visit [Health in Herts](https://www.healthinherts.gov.uk) to find out more.

