**Healthy Hub East Herts**

Hello, I'm Eric Buckmaster executive member for wellbeing at East Herts Council. I know that the Covid crisis has affected all of us in so many ways whether it's the loss of loved ones or the impact on our mental health. At East Herts, we're doing all we can to promote ways of seeking help. So it's an absolute pleasure therefore to be associated with the Healthy Hub East Herts.

The Healthy Hub East Herts is a joint approach with Hertfordshire County Council Public Health to meet the Health and Wellbeing needs of our residents. We'd like to do everything we can to help you live a healthy lifestyle and be supported in your community and this is why we've set up the Healthy Hub to do this. Where ever you live in East Herts there are great resources to access activities to attend or different health areas where you can receive help. Contacting the Healthy Hub is easy you can see it on the council homepage you can call the council on 01279 655261 or email healthyhubeh@eastherts.gov.uk.

Very soon there will be some videos online to help guide you to the help our partners can give you or introductory films to some of the hub sessions you may want to try. So keep a look out for the Healthy Hub logo and characters which will all help in promoting it for use by your families neighbours and friends. Take care everyone.

Welcome to the Healthy Hub East Herts. My name is Simon Barfoot. This is a simple guide to what they are and how they can help you.

So what are they? They're a place or space where you can receive health social or wellbeing support. Covid-19 of course means sessions these sessions and support for now will be online and via phone and email.

So where are they? There's one East Herts Healthy Hub located in Wallfields, Hertford another in Charrington's House Bishop's Stortford. Customer services support team during normal times be on hand to help you with your enquiries and direct you into activities that can help with your particular health need. So why are they needed and what are they all about? They're here to help you be healthier and happier you will be able to receive help online or over the phone. It's all about improving your physical health and mental wellbeing also to help you feel less lonely and more socially connected through friends and family and new companions.

So who are the Healthy Hub East Herts Partners? We have about 10 or 11 partners we're working very closely with them to provide the services and opportunities that you might need to help you with your health issues. So for example we have charities involved in mental health and wellbeing addiction recovery, physical activity, healthy nutrition and eating, citizens advice, Hertfordshire Carers, outside gardening and activities, St Clare Hospice and Courtyard Arts as well as volunteer sector support as well. So you're bound to find something you need to help you with your particular health issues.

So how do you contact the Healthy Hub East Herts? You can phone directly the council on the switchboard number 01279 655261 and ask to be put through to myself or dial me directly on the number given. Also you can email me. The website itself is a fantastic way of finding out information about the Healthy Hub and you can log onto this at [www.eastherts.gov.uk/healthyhubeh](http://www.eastherts.gov.uk/healthyhubeh). Another great way to engage in the activities available is to sign up and become a member the form takes about one or two minutes you select and fill out your details including the areas you need help with and that will come through to us at the Healthy Hub East Herts email inbox shown at the bottom there. Which is another way of contacting us directly.

So how can the Hub programme be accessed? If you go to the Healthy Hub web pages you'll find a programme of activities which lists each month a programme of all the things that are going on. And you can sign up to it and get involved into help with your health wellbeing and social needs. Also, sign up yourself to become a member as I have already mentioned and you can promote this to family and friends and tell them about it too. It's all about your mental wellbeing supporting those with cancer and bereavement, healthy eating to community learning and loads of different things to meet your needs. Also, social media wise you can follow us @PublicHealthEHC and @EastHerts too to find out and keep up to date with what's happening.

So please make use of the Healthy Hub East Herts and tell your family, friends and neighbours. We're here to help you enjoy a healthier lifestyle and improved wellbeing. So please do make use of the Healthy Hub East Herts we can be here to help you with whatever health needs you might have.

So thank you for listening and stay well and healthy out there. Bye.