

February 2024

Welcome

Welcome



Welcome to the February edition of Public Health eNews.

This issue is jam-packed with news and information, so I've highlighted a few key campaigns that I wanted to tell you about below. Please do follow the links for more information and help us share the messages through your own channels.

Measles and MMR

We continue to throw a spotlight on **measles and the MMR vaccine** and do everything we can to reduce the chance of an outbreak in Hertfordshire.

We have issued a **communications toolkit**

(<https://publichealth.hertscc.gov.uk/enews/february-2024/current-campaigns/measles-and-mmr-communications-resources>) to help spread the message that it's not too late for anyone to catch up on their MMR vaccine.

- We are particularly keen to reach out to communities and groups with low uptake of the MMR vaccine. If you have any insight, information or community connections that may help us, please do get in touch: HertsHPT.SPOC@hertfordshire.gov.uk (<mailto:HertsHPT.SPOC@hertfordshire.gov.uk>).

For more in-depth information, please [watch this webinar for community and voluntary organisations](https://www.youtube.com/watch?v=h8TrKdPDa70) (<https://www.youtube.com/watch?v=h8TrKdPDa70>).

Power of small changes

This month we also see the launch of our latest Just Talk campaign, the **Power of small changes**. It aims to help children and young people improve their emotional wellbeing by discovering how easy everyday changes, like taking a short walk or giving someone a compliment, can boost their mood.

Find out more about the campaign and download the communications toolkit **in this article.** (<https://publichealth.hertsc.gov.uk/enews/february-2024/current-campaigns/new-just-talk-campaign-the-power-of-small-changes>)

Partnership with vape shops to provide stop smoking support to adults

We're also highlighting a vape shop partnership that's being piloted across the county to provide stop smoking support through local vape shops. We hope this unusual approach will offer residents choice, recognising that some might prefer the relaxed, non-clinical environment that these places offer for their quit smoking journey.

Find out more about the project and download the communications toolkit **in this article.**

Healthy Hubs promotion

Another campaign to look out for this month is our latest **Healthy Hubs** promotional campaign, which encourages residents to visit their local Healthy Hub for free, friendly and professional health and wellbeing advice and support.

The hubs are delivered in partnership by us and all 10 district and borough councils and we're really keen to make sure that all our residents know how to find their local hub and feel confident to pop in for a chat.

Please help us by sharing our messages with your communities - the communications toolkit is available **in this article.** (<https://publichealth.hertsc.gov.uk/enews/february-2024/healthy-hubs/new-video-to-support-promotion-of-healthy-hubs>)

As well as the above campaigns, other information in this newsletter includes the following (these will open in a new window so that you can return to this list after browsing each item):

- **Several national campaigns from the DHSC** (<https://publichealth.hertsc.gov.uk/enews/february-2024/current-campaigns/national-ukhsa-and-nhs-campaigns>)
- **New carer support group and other mental health resources, support and training** (<https://publichealth.hertsc.gov.uk/enews/february-2024/mental-health-and-wellbeing/new-carer-support-group-for-those-affected-by-suicide-attempts>)
- **New adult weight management service - please share our survey** (<https://publichealth.hertsc.gov.uk/enews/february-2024/healthy-weight-updates/new-weight-management-service-for-hertfordshire-residents>)
- **Relaunch of the Moving More website** (<https://publichealth.hertsc.gov.uk/enews/february-2024/physical-activity/moving-more-physical-activity-finder-website-relaunched>)
- **Long Covid and physical activity webinar** (<https://publichealth.hertsc.gov.uk/enews/february-2024/physical-activity/long-covid-and-physical-activity-webinar>)

- [Tobacco control updates](https://publichealth.hertscc.gov.uk/enews/february-2024/smoking-and-tobacco-control/tobacco-control-updates) (https://publichealth.hertscc.gov.uk/enews/february-2024/smoking-and-tobacco-control/tobacco-control-updates)
- [Drug and alcohol newsletter](https://publichealth.hertscc.gov.uk/enews/february-2024/drugs-and-alcohol/drug-and-alcohol-newsletter) (https://publichealth.hertscc.gov.uk/enews/february-2024/drugs-and-alcohol/drug-and-alcohol-newsletter)
- [Men's health and wellbeing session](https://publichealth.hertscc.gov.uk/enews/february-2024/health-inequalities/mens-health-and-wellbeing-session) (https://publichealth.hertscc.gov.uk/enews/february-2024/health-inequalities/mens-health-and-wellbeing-session)
- [New health inequalities website](https://publichealth.hertscc.gov.uk/enews/february-2024/health-inequalities/share-your-health-inequalities-project-on-our-new-webpage) (https://publichealth.hertscc.gov.uk/enews/february-2024/health-inequalities/share-your-health-inequalities-project-on-our-new-webpage)
- [Wellbeing support for children and young people in Stevenage](https://publichealth.hertscc.gov.uk/enews/february-2024/health-inequalities/wellbeing-support-for-children-and-young-people-in-stevenage) (https://publichealth.hertscc.gov.uk/enews/february-2024/health-inequalities/wellbeing-support-for-children-and-young-people-in-stevenage)
- [Updates from the Evidence and Intelligence team](https://publichealth.hertscc.gov.uk/enews/february-2024/evidence-and-intelligence/updates-from-the-evidence-and-intelligence-team) (https://publichealth.hertscc.gov.uk/enews/february-2024/evidence-and-intelligence/updates-from-the-evidence-and-intelligence-team)
- [Consultations and surveys](https://publichealth.hertscc.gov.uk/enews/february-2024/consultations-and-surveys/healthwatch-hertfordshire-children-and-young-people-surveys) (https://publichealth.hertscc.gov.uk/enews/february-2024/consultations-and-surveys/healthwatch-hertfordshire-children-and-young-people-surveys)

Please do have a browse and if you would like further information about any of the initiatives, please [drop us a line](mailto:phnews@hertfordshire.gov.uk). (mailto:phnews@hertfordshire.gov.uk)

Thank you

Sarah Perman

Director of Public Health, Hertfordshire County Council

Current campaigns

Measles and MMR - communications resources

Measles is a highly infectious viral disease that spreads quickly, and it can have serious and sometimes fatal consequences.

Measles cases are rising in the UK and there is a risk of outbreaks in Hertfordshire because uptake of the measles vaccination (MMR) in the county is lower than recommended.

We would therefore be very grateful if you could share the information below through all channels available to you. To download the images, right-click and choose 'save image as' then select jpg.

If you would like a more detailed update about the situation in Hertfordshire, you can [watch this webinar for community organisations](https://youtu.be/h8TrKdPDa70), (https://youtu.be/h8TrKdPDa70) hosted by Public Health Hertfordshire recently.

Newsletter/website copy (parent-facing)

Protect your child against measles

Measles is a serious illness and it spreads easily between people who aren't vaccinated. You can catch it just by spending time in the same room as someone.

One in five children end up in hospital because of complications.

The MMR vaccine is safe and gives long-lasting protection against measles, as well as mumps and rubella.

The vaccine is available free on the NHS. It is given in two doses, with the first offered to children at the age of one, and the second before they start school.

However, you can have the MMR vaccination at any age, so if you or your child have missed out on a dose, it's never too late to get that protection.

Protect your child against measles - check their red book or the NHS app to make sure they have had two MMR vaccinations, and if not, contact your GP practice to book an appointment.

Measles usually starts with cold-like symptoms (<https://www.nhs.uk/conditions/measles/>), followed by a rash a few days later and some people may get small spots in their mouth. If you think your child might have measles, keep them at home and call your GP practice for advice.

Find more information on the NHS website: www.nhs.uk (<http://www.nhs.uk>)

Suggested social media messages and images

Measles can be very serious and spreads easily. Anyone who is not vaccinated can catch it, so check that your child has had two MMR vaccinations, and if not, contact your GP practice to book an appointment. Find out more: www.nhs.uk (<http://www.nhs.uk>)



Getting protection against #measles is simple – you just need to have two doses of the #MMR vaccine. If you think you or a loved one isn't up to date, contact your GP practice to book a catch-up appointment. Find out more: www.nhs.uk
(<http://www.nhs.uk>)



Digital display screen slide



**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

[\(Contact us for a Powerpoint version\)](#), <mailto:phnews@hertfordshire.gov.uk>

Further toolkits

UKHSA has also produced a recent [measles communications toolkit](#)

<https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.officeapps.live.com%2Fop%2Fview.aspx%3Fsrc%3Dhttps%253A%252F%252Fcc>

[which includes animations, videos, static images and GIFs.](#)

<https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinks.gd%2F%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI>

[I&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C9825046fe03943ad035f08dc1cfd27c9%7C](#)

Please share on your channels as appropriate. Further UKHSA materials are also [available in this toolkit](#)

http://www.domain.com/assets/1/mmr_and_measles_programme_publications_and_resources-final_.pdf), which includes content that is more suitable to teenagers and young adults.

New Just Talk campaign - The power of small changes

Hertfordshire County Council, along with over 50 local health, social care, education and voluntary organisations who make up the 'Just Talk' network, has launched a 'Power of small changes' campaign, to help children and young people across the county improve their emotional wellbeing.

Through the campaign, the Just Talk network hopes that children and young people will discover how small changes can help them build resilience and equip them with the tools they need to face life's challenges, now and in the years ahead.

The #PowerofSmallChanges challenge takes place from 26 February to 18 March 2024 and is steered by children and young people.

To find out more and take part in the campaign, visit

www.justtalkherts.org/powerofsmallchanges (<http://www.justtalkherts.org/powerofsmallchanges>)_or

follow us on:

Facebook: [JustTalkHerts](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FJusttalkherts&data=05%7C01%7CLisa.Gazeley%40hertfordshi) ([https://eur02.safelinks.protection.outlook.com/?](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FJusttalkherts&data=05%7C01%7CLisa.Gazeley%40hertfordshi)

[url=https%3A%2F%2Fwww.facebook.com%2FJusttalkherts&data=05%7C01%7CLisa.Gazeley%40hertfordshi](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FJusttalkherts&data=05%7C01%7CLisa.Gazeley%40hertfordshi)

Instagram: [@JustTalkHerts](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fjusttalkherts%2F&data=05%7C01%7CLisa.Gazeley%40hertfo) ([https://eur02.safelinks.protection.outlook.com/?](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fjusttalkherts%2F&data=05%7C01%7CLisa.Gazeley%40hertfo)

[url=https%3A%2F%2Fwww.instagram.com%2Fjusttalkherts%2F&data=05%7C01%7CLisa.Gazeley%40hertfo](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fjusttalkherts%2F&data=05%7C01%7CLisa.Gazeley%40hertfo)

Twitter: [@JustTalkHerts](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftwitter.com%2FJustTalkHerts&data=05%7C01%7CLisa.Gazeley%40hertfordshire.gov.u) ([https://eur02.safelinks.protection.outlook.com/?](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftwitter.com%2FJustTalkHerts&data=05%7C01%7CLisa.Gazeley%40hertfordshire.gov.u)

[url=https%3A%2F%2Ftwitter.com%2FJustTalkHerts&data=05%7C01%7CLisa.Gazeley%40hertfordshire.gov.u](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftwitter.com%2FJustTalkHerts&data=05%7C01%7CLisa.Gazeley%40hertfordshire.gov.u)

Please help us share the campaign messages using the suggested content below. To download the images, right-click and choose 'save image as' then select jpg.

Newsletter/website copy

Encourage your children to take part in the **Power of small changes** campaign to improve their wellbeing and be in with a chance of winning a £50 voucher.

The campaign has been launched by Hertfordshire's Just Talk network, to help children and young people discover how making easy everyday changes, like taking a short walk or giving someone a compliment, can boost their mood.

Using the five ways to wellbeing for inspiration, the campaign encourages young people to find little ways to keep learning, take notice, connect, be active and give.

Share your experiences on social media using the hashtag #PowerofSmallChanges and you could win a £50 Amazon voucher.

Follow @JustTalkHerts on Facebook, Instagram or Twitter for ideas or visit www.justtalkherts.org/powerofsmallchanges

(<http://www.justtalkherts.org/powerofsmallchanges>).

Social media content

Encourage your children take part in the **#PowerOfSmallChanges** campaign to help them improve their wellbeing and be in with a chance of winning a £50 voucher. Find out more at: www.justtalkherts.org/powerofsmallchanges

(<http://www.justtalkherts.org/powerofsmallchanges>)_or [follow @JustTalkHerts](mailto:follow@JustTalkHerts)

(<mailto:follow@JustTalkHerts>)_on social media



Complete suite of resources

These are available at www.justtalkherts.org/powerofsmallchanges (<http://www.justtalkherts.org/powerofsmallchanges>) under the section '**Information for schools, colleges and other professionals working with young people**'. You can also [download them directly from this webpage](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.justtalkherts.org%2Fmedia%2Fdocuments%2Fthe-power-of-small-changes-social-media-toolkit.zip&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2c0b10e4c9f0471a22a208dc32f9;) (<https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.justtalkherts.org%2Fmedia%2Fdocuments%2Fthe-power-of-small-changes-social-media-toolkit.zip&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2c0b10e4c9f0471a22a208dc32f9;>

The resources include:

- **Ready-to-use social media posts:** These highlight the key campaign messages and the challenge.
- **Social Media Toolkit document:** A comprehensive guide offering further insight into the campaign's objectives and leveraging social media to spread awareness. You'll find ready-to-use social media posts with adaptable copy.
- **Prepared website/newsletter text:** To use on websites and other communications channels.

National UKHSA and NHS campaigns

There are several public health campaigns running at the moment, please see list below. To access campaign materials for any of these campaigns, visit the [Campaign Resource Centre \(dhsc.gov.uk\)](https://campaignresources.dhsc.gov.uk/) (<https://campaignresources.dhsc.gov.uk/>) or email partnerships@dhsc.gov.uk. (<mailto:partnerships@dhsc.gov.uk?subject=>)

- Better Health - Smokefree (heightened activity around no smoking day)

- Better Health Start for Life - If they could tell you
 - Better Health Start for Life - Little moments together
 - NHS Help Us Help You - Mental health matters
 - NHS Help Us Help You - Earlier diagnosis, reducing cancer barriers
 - NHS Help Us Help You - Get the help you need NHS 111
 - NHS Help Us Help You - NHS app
-

Healthy Hubs

Watch our Healthy Hubs in action

A short new video has been launched, to help showcase the services provided by Healthy Hubs and encourage people to pop along to their local hub to get support.

Discover Healthy Hubs for your wellbeing needs



Healthy Hubs are here to make it as easy as possible to get the support that's right for our residents to help them on their journey to stay healthy and well. Run by the 10 district and borough councils in partnership with Hertfordshire County Council, the hubs work closely with over 130 organisations across Hertfordshire and continue to explore new opportunities to grow their network.

Our friendly staff will listen, explore the options available and provide free, non-judgmental information and advice to support with:

- losing weight
- reducing drug and/or alcohol intake
- quitting smoking
- becoming more active
- eating healthier
- mental wellbeing

- getting money advice
- sexual health testing kits
- and much more.

Tackling health inequality

Learn more about how the hubs are making an impact across Hertfordshire by [watching our Healthy Hubs films on YouTube](https://www.youtube.com/playlist?list=PLgtazLRY5Zd8gcyG5R6gSldkL_6-K8VVc) to see the special work Broxbourne, Hertsmere and Three Rivers are carrying out to tackle health inequalities in their area.

Local health and wellbeing services for adults can get involved as a hub partner by [contacting their local Healthy Hub](https://www.healthyhubs.org.uk/contact/find-your-local-healthy-hub.aspx).

Later this year we will be undertaking a review of Healthy Hubs with opportunities for stakeholders to contribute views on their future development.

Help us spread the word

Please help us share the messages below on your channels so as many of our residents as possible know about the Healthy Hubs. Thank you for your support.

Communications toolkit

Short article for newsletters and websites

Free health and wellbeing support

No matter where you live in Hertfordshire, there's a Healthy Hub to help you with your health and wellbeing needs.

The friendly staff will listen, explore the choices available to you and provide free, non-judgemental information, advice and support to help you on your journey to stay healthy and well.

Watch this short video to get a glimpse into some of our local hubs

[\(https://www.youtube.com/watch?v=nhpw3mDer90&list=PLgtazLRY5Zd8gcyG5R6gSldkL_6-K8VVc&index=2\)](https://www.youtube.com/watch?v=nhpw3mDer90&list=PLgtazLRY5Zd8gcyG5R6gSldkL_6-K8VVc&index=2) so that you can see what to expect when you visit.

Find your local hub and pop in for a friendly chat: www.healthyhubs.org.uk

[\(https://www.healthyhubs.org.uk/stories/real-stories.aspx\)](https://www.healthyhubs.org.uk/stories/real-stories.aspx)

Social media (when sharing from Facebook, please follow and tag

@HealthinHerts [\(https://www.facebook.com/healthinherts/\)](https://www.facebook.com/healthinherts/))

Your friendly Healthy Hub staff will listen and provide free, non-judgemental information and advice to help you improve your health and wellbeing. Watch this short video to find out more: <https://www.youtube.com/watch?v=nhpw3mDer90> (<https://www.youtube.com/watch?v=nhpw3mDer90>) or find your local hub and pop in for a friendly chat: www.healthyhubs.org.uk (<https://www.healthyhubs.org.uk/stories/real-stories.aspx>)

You can also reshare the film from [@HealthinHerts Facebook page](https://www.facebook.com/healthinherts)

(<https://www.facebook.com/healthinherts/videos/325868336611321>).

To download the images, right-click and choose 'save image as' then select jpg.



Printed copies: Healthy Hubs trifold leaflet and wallet sized card are available to order. Please email AHComms@hertfordshire.gov.uk

(<mailto:AHComms@hertfordshire.gov.uk>)_with quantities and an address.

Mental health and wellbeing

New carer support group for those affected by suicide attempts

Hertfordshire County Council, in collaboration with Carers in Hertfordshire and [Hector's House](https://hectorshouse.org.uk) (<https://hectorshouse.org.uk>), is offering a support group dedicated to carers who are looking after a loved one who is contemplating suicide or who has attempted suicide.

This support group is open to all and free of charge. It takes place monthly, alternating between virtual and in-person meetings. The online meetings are scheduled for the second Tuesday of every month from 7.30pm to 9pm. The face-to-face meetings occur on the fourth Thursday of every month from 10.30am to 12noon.

When meeting face-to-face, Carers in Hertfordshire can cover travel expenses (car, public transport) and parking charges. We understand that these costs can be a barrier for some, and we aim to make our support group accessible to all.

Please share the messages below to help promote the group. **To download the images, right-click and choose 'save image as' then select jpg.**

Newsletter/website article

New carer support group for those affected by suicide attempts

A new free support group has been set up for carers who are supporting someone who is contemplating suicide or who has attempted suicide.

The group meets monthly (alternating between online and face-to-face meetings) and travel costs can be covered if required.

Numbers are limited so please book in advance.

Visit the website for more information: <https://bit.ly/CSGHerts>

(<https://bit.ly/CSGHerts>)

Social media

If you are supporting someone who is contemplating suicide or who has attempted suicide, a free carer support group has been set up to help you.

More information: <https://bit.ly/CSGHerts> (<https://bit.ly/CSGHerts>)



Free mental health first aid training

As part of the ongoing response to the rising cost of living, Hertfordshire County Council is funding free mental health first aid training for volunteers and staff at foodbanks, community spaces, faith and community groups.

The two-day Mental Health First Aid (MHFA) courses will be held on:

Monday 25 and Tuesday 26 March 2024: [Book here](https://mhfaengland.org/course-booking-form/?id=0225d9f9-1cb9-ee11-a569-000d3adf7690) (https://mhfaengland.org/course-booking-form/?id=0225d9f9-1cb9-ee11-a569-000d3adf7690).

Tuesday 23 and Wednesday 24 April: [Book here](https://mhfaengland.org/course-booking-form/?id=900957dd-1db9-ee11-a569-002248a276d1) (https://mhfaengland.org/course-booking-form/?id=900957dd-1db9-ee11-a569-002248a276d1).

Wednesday 29 and Thursday 30 May: [Book here](https://mhfaengland.org/course-booking-form/?id=d247aa35-1eb9-ee11-a569-000d3adf760c) (https://mhfaengland.org/course-booking-form/?id=d247aa35-1eb9-ee11-a569-000d3adf760c).

The courses will take place at Farnham House, Stevenage. To register for the course, please follow the link below and ensure you input your full name and email address

Children and young people's mental health services (CYPMHS) system newsletter

(<https://herts-camhs.tfemagazine.co.uk/february-2024>). The latest edition of Hertfordshire's children and young people's mental health services (CYPMHS) system newsletter is below, for all professionals working with children and young people in Hertfordshire.

Have a look and find out the latest news, information, updates on the progress of the CYPMHS System Redesign, events and much more:

- [Hertfordshire CYPMHS System newsletter - February 2024 \(tfemagazine.co.uk\)](https://herts-camhs.tfemagazine.co.uk/february-2024) (<https://herts-camhs.tfemagazine.co.uk/february-2024>)



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email: lisa.gazeley@hertfordshire.gov.uk (<mailto:lisa.gazeley@hertfordshire.gov.uk>)

Healthy weight updates

New weight management service for Hertfordshire residents

Hertfordshire County Council is working with the local Integrated Care Board (ICB) to introduce a new adult weight management service for the county.

To help us and the provider we appoint to deliver this service, we would like to gather residents' views. If you are the leader of a community group, please feel free to share this survey with members so they are also able to take part.

<https://surveys.hertfordshire.gov.uk/s/WeightManagementService/>

([https://gbr01.safelinks.protection.outlook.com/?](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsurveys.hertfordshire.gov.uk%2Fs%2FWeightManagementService%2F&data=05%7C0)

[url=https%3A%2F%2Fsurveys.hertfordshire.gov.uk%2Fs%2FWeightManagementService%2F&data=05%7C0](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsurveys.hertfordshire.gov.uk%2Fs%2FWeightManagementService%2F&data=05%7C0)

The survey will be open until 5pm on Friday 22 March.

There is no obligation to take part, but we would like to gather views from a wide spectrum of our community to help us develop a service that meets people's needs.

Please share the messages below through your channels. **To download the images, right-click and choose 'save image as' then select jpg.**

Communications toolkit

[Newsletter copy](#)

Give your views on a new weight management service in Hertfordshire

Work is underway between Hertfordshire and West Essex ICB and Hertfordshire County Council to plan a new adult weight management service for the county.

The new service will provide Hertfordshire residents aged 18 and over with support to lose weight, including dietary advice and physical activity options. We want to give all eligible and motivated residents access to the most appropriate support for them, and to be able to increase or decrease the support as and when they need it. The new integrated service will be easier for healthcare staff and residents to navigate and remove the need for patients to be referred again by their GP if their needs change.

To help us and the provider we appoint to deliver this service, we would like to gather your views through a short survey: <https://bit.ly/42KVBpB>
(<https://bit.ly/42KVBpB>)

The survey will be open until 5pm on Friday 22 March.

Social media

If you've ever tried to lose weight to be healthier and fitter, you might be interested in a new adult weight management service for Hertfordshire residents. Please help us shape the service: <https://bit.ly/42KVBpB> (<https://bit.ly/42KVBpB>).



 

We are planning a new weight management service for adults living in Hertfordshire. Help shape it by completing our survey.



 

We are planning a new weight management service for adults living in Hertfordshire. Help shape it by completing our survey.

Physical activity

Moving More physical activity finder - website relaunched

Moving More is led by Hertfordshire Sports & Physical Activity Partnership to help Hertfordshire residents improve their physical activity levels and experience the physical, mental and social health benefits that being more active can bring.

The Moving More website is home to a really useful activity finder which enables people to search for the physical activity opportunities that suit them. It also has an area to

discover new ways to be active at home, as well as lots of helpful information about the importance of being physically active.

The website has recently been improved and relaunched - visit:

[www.movingmore.co.uk](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.movingmore.co.uk%2F&data=05%7C02%7Cjoanne.necchi%40hertfordshire.gov.uk) (<https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.movingmore.co.uk%2F&data=05%7C02%7Cjoanne.necchi%40hertfordshire.gov.uk>)

A toolkit is available to help people promote the activity finder: [Moving More Partner Toolkit](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsportinherts.org.uk%2Fnewsfuse%2Fuploads%2Fdocuments%2F2024-Feb%2F678-Moving-More-Partner-Toolkit-Final.pdf&data=05%7C02%7Cjoanne.necchi%40hertfordshire.gov.uk%7C467e5dce183a49917bcb08dc270cb) (<https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsportinherts.org.uk%2Fnewsfuse%2Fuploads%2Fdocuments%2F2024-Feb%2F678-Moving-More-Partner-Toolkit-Final.pdf&data=05%7C02%7Cjoanne.necchi%40hertfordshire.gov.uk%7C467e5dce183a49917bcb08dc270cb>)

<https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsportinherts.org.uk%2Fnewsfuse%2Fuploads%2Fdocuments%2F2024-Feb%2F678-Moving-More-Partner-Toolkit-Final.pdf&data=05%7C02%7Cjoanne.necchi%40hertfordshire.gov.uk%7C467e5dce183a49917bcb08dc270cb>

You can also download the toolkit in PDF format here

(http://www.domain.com/assets/1/moving_more_partner_toolkit.pdf)

Please help us to promote the activity finder by sharing the content on your channels. You can also attend webinars this week which will provide more information (see below).

If you have any questions contact Will Slemmings: w.slemmings@herts.ac.uk

(<mailto:w.slemmings@herts.ac.uk>)

Long Covid and physical activity webinar

Herts Sport and Physical Activity Partnership is hosting a free Long Covid and physical activity rehabilitation webinar.

Date: Tuesday 9 April 2024

Time – 12:00pm-1:15pm

Format – Zoom Webinar

Registration – click [HERE](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Fwebinar%2Fregister%2FWN_ZJQRi6WqTi2gZvSOg3_O6g&data=05%7C02%7Cjoanne.necchi%40hertfordshire.gov.uk%7C467e5dce183a49917bcb08dc270cb) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Fwebinar%2Fregister%2FWN_ZJQRi6WqTi2gZvSOg3_O6g&data=05%7C02%7Cjoanne.necchi%40hertfordshire.gov.uk%7C467e5dce183a49917bcb08dc270cb)

https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Fwebinar%2Fregister%2FWN_ZJQRi6WqTi2gZvSOg3_O6g&data=05%7C02%7Cjoanne.necchi%40hertfordshire.gov.uk%7C467e5dce183a49917bcb08dc270cb
to register

You'll have the opportunity to learn from local healthcare professionals who are helping people to recover from symptoms of Long Covid and about an 8-week physical activity programme for people living with Long Covid. Key learnings from the Long Covid and Physical Activity Feasibility Project, funded by Hertfordshire County Council, will also be shared.

If you have any questions about the event, or the wider project, please email

s.keen2@herts.ac.uk (<mailto:s.keen2@herts.ac.uk>).

Smoking and tobacco control

New partnership with local vape shops to offer stop-smoking support

Hertfordshire County Council has launched a pilot scheme in partnership with local vape shops in Borehamwood, Hemel Hempstead, Hitchin, Letchworth, St Albans and Watford to help people switch from cigarettes to vaping as part of their quit smoking journey.

Evidence shows that people are three times more likely to quit successfully with support, so the scheme offers smokers aged 18+ twelve weeks of behavioural support from trained advisers and a FREE starter vape kit which includes a vape pen, atomiser and vape liquid.

E-cigarettes are estimated to be up to 95% safer than smoking tobacco and one of the most effective tools for quitting. 22 people have already signed up to the scheme.

To find out more about the vape shop project, visit:

www.hertfordshire.gov.uk/VapeShopProject (<https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.hertfordshire.gov.uk%2FVapeShopProject&data=05%7C02%7CJoanne.Necchi%40hert>)

Anyone who lives or works in Hertfordshire can get free stop smoking support through Hertfordshire County Council's stop smoking service. To contact the service visit www.hertfordshire.gov.uk/stopsmoking (<https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.hertfordshire.gov.uk%2Fstopsmoking&data=05%7C02%7CJoanne.Necchi%40hert>), call 0800 389 3998 or text SMOKEFREE to 80818.

Communications toolkit

Please help us promote the service using the content below. To download the pictures, right click and save as a jpg.

Short article

A new stop smoking service

You're three times more likely to quit smoking successfully with help, so we've partnered up with local vape shops in Borehamwood, Hemel Hempstead, Hitchin, Letchworth, St Albans and Watford to help you make the switch.

The new scheme offers eligible residents twelve weeks of behavioural support from trained advisers and a FREE starter vape kit.

Find out more at www.hertfordshire.gov.uk/VapeShopProject

(<http://www.hertfordshire.gov.uk/VapeShopProject>).

Social media post

You're three times more likely to quit smoking successfully with help, so we've partnered up with local vape shops to help you make the switch. Find out if you're entitled to 12 weeks of support and a FREE starter vape kit:

www.hertfordshire.gov.uk/VapeShopProject

(<http://www.hertfordshire.gov.uk/VapeShopProject>).



Tobacco control updates

Cross-party support for the government's Smokefree generation proposals

Hertfordshire County Council members were invited to express their cross-party support for the government's proposals to create a smokefree generation. The motion acknowledges the significant positive impact that implementation of the government's plans would have on the health of Hertfordshire residents. It was carried on 6 February 2024.

Executive Member for Public Health, Cllr Morris Bright MBE, said: “We have been campaigning on this important issue for some time and I am delighted that we received unanimous support for this motion.

“Smoking has a devastating impact on individual health, causing around 64,000 deaths each year and causing many long-term conditions. It also costs society £17 billion each year in health, social care and productivity costs.

“We strongly support the government proposal to create a smokefree generation. It will help ensure that the number of people smoking in Hertfordshire continues to decline, and enable us to tackle the alarming rise in youth vaping and reduce the harmful effects of this on young people.”

Vaping and young people

Hertfordshire County Council’s Public Health team continue to support schools to deal with vaping issues, by providing national information, guidance, and campaign toolkits.

Public Health is also working with young people to understand the local picture, and what Hertfordshire young people might specifically need to help deter them from vaping and/or learn about ways to quit. This engagement work kicked off in January with a young people’s survey, to get an understanding of vaping and/or smoking habits and what influences their decisions to vape or smoke. The survey was very well received with over 3800 respondents.

These survey results combined with feedback from young people’s focus groups taking place later in the spring term, will give Public Health the insight needed to develop ongoing effective messaging and support such as:

- Promoting support services available for young people in Hertfordshire who want to stop smoking and/or vaping.
- Re-enforcing the key message: “If you don’t smoke – don’t vape.”
- Highlighting legislation and the consequences of underage purchasing of vapes.

This work very much aligns with the ‘[Creating a smokefree generation and tackling youth vaping](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fconsultations%2Fcreating-a-smokefree-generation-and-tackling-youth-vaping&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2b3a46ab32764fc6fa9508dc3458bef)’

([https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fconsultations%2Fcreating-a-smokefree-generation-and-tackling-youth-](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fconsultations%2Fcreating-a-smokefree-generation-and-tackling-youth-vaping&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2b3a46ab32764fc6fa9508dc3458bef)

[vaping&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2b3a46ab32764fc6fa9508dc3458bef](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Fgovernment-drive-to-phase-out-smoking-and-tackle-youth-vaping-attracts-large-response&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2b3a46ab32764fc6fa9508dc3458t)

’ [consultation and the Tobacco and Vapes Bill](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Fgovernment-drive-to-phase-out-smoking-and-tackle-youth-vaping-attracts-large-response&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2b3a46ab32764fc6fa9508dc3458t)’

([https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Fgovernment-drive-to-phase-out-smoking-and-tackle-youth-vaping-attracts-large-](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Fgovernment-drive-to-phase-out-smoking-and-tackle-youth-vaping-attracts-large-response&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2b3a46ab32764fc6fa9508dc3458t)

[response&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2b3a46ab32764fc6fa9508dc3458t](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Fgovernment-drive-to-phase-out-smoking-and-tackle-youth-vaping-attracts-large-response&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C2b3a46ab32764fc6fa9508dc3458t)

Hertfordshire County Council's reaction to the ban on disposable vapes

Disposable vapes will be banned in the UK as part of ambitious government plans to tackle the rise in youth vaping and protect children's health.

Executive Member for Public Health, Cllr Morris Bright MBE, said: "We welcome the announcement from the Department for Health and Social Care that a ban on disposable vapes will be introduced. We have long called for changes to the gaudy and colourful packaging that encourage children to try something that could cause health implications in the future and have been writing to the health secretary to highlight our concerns around the issue. Children who try them often then move onto nicotine based products when they turn 18 and that's why we are seeing an increase in the number of young people vaping across the county.

"Our Trading Standards team have also seen an increase in illicit disposable vapes, which could contain harmful chemicals. We will continue to work to protect our residents, particularly children from the risk posed by non-compliant vapes.

"We are still committed to [our stop smoking service](https://www.hertfordshire.gov.uk/services/Health-in-Herts/Smoking/Stop-Smoking-Service.aspx) (<https://www.hertfordshire.gov.uk/services/Health-in-Herts/Smoking/Stop-Smoking-Service.aspx>) and understand that vaping can be an important part of someone's journey towards quitting cigarettes."

Smokefree generation - a webinar to give the local picture

This No Smoking Day, Hertfordshire County Council is hosting a webinar to provide an update on the Smokefree Generation

Date: Wednesday 13 March

Time: 13.00-14.00

Please register to attend <https://smokefreewebinar.eventbrite.co.uk>

([https://eur02.safelinks.protection.outlook.com/?](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsmokefreewebinar.eventbrite.co.uk%2F&data=05%7C02%7CJoanne.Necchi%40hertfo)

[url=https%3A%2F%2Fsmokefreewebinar.eventbrite.co.uk%2F&data=05%7C02%7CJoanne.Necchi%40hertfo](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsmokefreewebinar.eventbrite.co.uk%2F&data=05%7C02%7CJoanne.Necchi%40hertfo)

It will cover what is happening in Hertfordshire since the government's Smokefree Generation announcement, with presentations from Hertfordshire Health Improvement Service and Trading Standards.

Drugs and alcohol

Drug and alcohol newsletter

Hertfordshire County Council's Public Health team has launched a newsletter dedicated specifically to news and information about our drug and alcohol initiatives.

You can read the newsletter here: [Public Health Drug and Alcohol - February/ March 2024 \(hertscc.gov.uk\)](https://publichealth.hertscc.gov.uk/drug+alcohol/february-march-2024) (<https://publichealth.hertscc.gov.uk/drug+alcohol/february-march-2024>)

Health Inequalities

Men's health and wellbeing session

Hertfordshire County Council Public Health is working with Hertsmere borough council to run an event focused on men's health.

The 'Man, you're a lifesaver' event will include a range of health awareness talks, discussions about prostate cancer, stalls, Shape Up exercise taster sessions, free refreshments and much more.

It's free, it's informative, and it's all about your wellbeing.

Date: Wednesday 27 March

Time: 1pm-4pm

Location: Allum Hall, 2 Allum Lane, WD6 3PJ

Cost: Free

No need to book, just drop-in

For more information, call 0208 207 7801 or email

community.services@hertsmere.gov.uk (<mailto:community.services@hertsmere.gov.uk>)

Share your health inequalities project on our new webpage

Hertfordshire County Council's Public Health team is currently developing a webpage for professionals to showcase the great work being done across the county to help address the health inequalities gap.

Health inequalities are the avoidable, unfair differences in health outcomes between different groups of people. Our vision is to close the gap in healthy life expectancy, by using an evidence-based approach to improve mental and physical health, prevent suicides and create healthy places with access to green spaces, nutritious food and clean air.

If you are planning to deliver a project this year that aims to reduce health inequalities and you would like us to highlight your work, we would love to hear from you.

Please send a summary of your project, the location where it will be delivered, and your contact details to oluwatoyosi.ogundare@hertfordshire.gov.uk (<mailto:oluwatoyosi.ogundare@hertfordshire.gov.uk>)_OR healthinequalities@hertfordshire.gov.uk (<mailto:healthinequalities@hertfordshire.gov.uk%20%20latest>) **by 4 March 2024.**

If you would like to become part of our health inequalities network, please complete the [health inequalities network form](https://surveys.hertfordshire.gov.uk/s/82580J/) (<https://surveys.hertfordshire.gov.uk/s/82580J/>)_or email: healthinequalities@hertfordshire.gov.uk (<mailto:healthinequalities@hertfordshire.gov.uk>).

We'll share a link to the website as soon as it is launched.

Wellbeing support for children and young people in Stevenage

Children and Young People Forum

The **Children and Young People Forum** is an interactive experience for young people living in Stevenage, with a focus on mental health, equalities, inclusivity, and physical health centred around mental wellbeing. It consists of a series of short, engaging activities, followed by a lunch where attendees have the opportunity to interact with each other and with organisations providing support in the local area.

Registration is now open for March: To register, simply complete the form available here <https://forms.office.com/e/awSm60LSmV> (<https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fe%2FawSm60LSmV&data=05%7C02%7CJoanne.Necchi%40her>)

The Inclusive Minds Project

A new workshop series called **Inclusive Minds has launched**. It is a six-session mental health and wellbeing course open to all children and adolescents aged 12-17 living in Stevenage.

The sessions are designed to be thought-provoking, empowering young people to voice their thoughts and take action towards self-discovery and self-improvement. Themes include subjects such as the impact of social media on mental health and body image.

To register, complete the form available here: <https://forms.office.com/e/w5UXZzcXVP> (<https://eur02.safelinks.protection.outlook.com/>)

Evidence and Intelligence

Updates from the Evidence and Intelligence team

Young people's health and wellbeing survey dashboard

The [Young People's Health and Wellbeing Survey dashboard](#)

(<https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhcc->

[phei.shinyapps.io%2Fyphws_dashboard%2F&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhcc-phei.shinyapps.io%2Fyphws_dashboard%2F&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7)

is now updated with the latest 2023 survey data. The dashboard shows the results of 16,300 pupils from schools in Hertfordshire.

If you have additional data requests that the dashboard can't provide, please email PH.Intelligence@hertfordshire.gov.uk (mailto:PH.Intelligence@hertfordshire.gov.uk).

Effective use of evidence – video

Effective use of evidence is key to sound decision-making in the public sector. However, there are many pitfalls and barriers which can prevent this in our day-to-day work. Sometimes we think our decisions are evidence-based when really, they're not.

In [Feedback fallacy](https://www.youtube.com/watch?v=TYRz--azGYA) (https://www.youtube.com/watch?v=TYRz--azGYA), the third episode of a series of four short videos titled 'Are you an evidence hero or an evidence villain?', you can see an example of how to get it wrong – and how to get it right. A serious subject is presented in an engaging way as we follow the story of Marta and Kirk, two characters at the fictional Anyshire County Council.

Watch this space for Episode 4, 'Puppet pressure' – coming soon to a screen near you!

Recently published Joint strategic Needs Assessment (JSNA) reports

The Joint Strategic Needs Assessment team has recently published new reports on the following topics:

JSNAs

- [Oral Health JSNA](https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=oral%20health&page=1&resultsPerPage=10&view=card&categoryfilters=0/1/22/285/286/287) (https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=oral%20health&page=1&resultsPerPage=10&view=card&categoryfilters=0/1/22/285/286/287) : A JSNA analysing the current oral health needs of the population in Hertfordshire

by identifying those affected by poor oral health outcomes and assessing whether current services are adequately meeting those needs.

- **Women's Health Hubs JSNA** (<https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=women%27s%20health&page=1&resultsPerPage=10&view=card>): A JSNA analysing the current health needs of women in Hertfordshire and exploring the potential of Women's Health Hubs as stated in the National Women's Health Strategy. The overall aim is to improve the provision of local services and positively impact on health outcomes.
- **Unpaid Carers JSNA** (<https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=unpaid%20carers&page=1&resultsPerPage=10&view=card>): A JSNA analysing the needs of unpaid carers in Hertfordshire.

JSNA Lite Bites

- **Breastfeeding Lite Bite** (<https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=breastfeeding&page=1&resultsPerPage=10&view=card>): A Lite Bite document providing a brief overview of the benefits of breastfeeding, examining barriers to breastfeeding initiation and the groups who are most at risk of not breastfeeding. Effective interventions will be explored, with the aim of informing a local intervention to increase breastfeeding initiation among at-risk groups in Hertfordshire.
- **Co-occurring Mental Health and Substance Misuse in Children and Young People Lite Bite** (<https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=co-occurring&page=1&resultsPerPage=10&view=card>): A JSNA Lite Bite exploring the relationship between co-occurring substance misuse and mental health problem among children and young people.
- **Digital Exclusion Lite Bite** (<https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=digital%20exclusion&page=1&resultsPerPage=10&view=card>): A JSNA Lite Bite exploring the factors influencing digital exclusion and the groups who are most likely to be digitally excluded.
- **Separated Migrant Children & Young People:** (<https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=separated&page=1&resultsPerPage=10&view=card>) This JSNA Lite Bite explores the health and wellbeing needs of Separated Migrant Children (SMC) in Hertfordshire. The findings from this document will be used to inform local strategic planning for the health and wellbeing needs of SMC.

If you have any queries about any of these publications, please contact

JSNA@hertfordshire.gov.uk (<mailto:JSNA@hertfordshire.gov.uk>)

Consultations and surveys

Healthwatch Hertfordshire children and young people surveys

Healthwatch Hertfordshire and Hertfordshire County Council's Public Health team want to hear from children and young people who use drug and alcohol services. The

surveys can be completed independently or with the support of a recovery worker, and any information shared will remain confidential:

- [14–17-year-old survey](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.surveymonkey.com%2Fr%2FHwH14-17Survey&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C6f1b3877cc6c4bed204f08dc3) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.surveymonkey.com%2Fr%2FHwH14-17Survey&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C6f1b3877cc6c4bed204f08dc3)
- [18–24-year-old survey](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.surveymonkey.com%2Fr%2FHwH18-24Survey&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C6f1b3877cc6c4bed204f08dc3) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.surveymonkey.com%2Fr%2FHwH18-24Survey&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C6f1b3877cc6c4bed204f08dc3)

The survey closes on Friday 29 March 2024.

Courses and training

Open Forum events

Open Forum events are hosting several conferences over the next few months:

- [Safeguarding Children: Promoting Welfare-Protection from Harm](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fsafeguarding-children-promoting-welfare-protecting-from-harm%2F%3Futm_source%3DSGC%2BMAILER%2B08.02%2Bs1%26utm_medium%3Demail%26utm_c) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fsafeguarding-children-promoting-welfare-protecting-from-harm%2F%3Futm_source%3DSGC%2BMAILER%2B08.02%2Bs1%26utm_medium%3Demail%26utm_c) (Thursday 28 March 2024)
- [National Children and Young People’s Mental Health: Improving Access to Effective Support](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fchildren-and-young-peoples-mental-health-improving-access-to-effective-support%2F&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C6f1b3877cc6c4bed204f08d) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fchildren-and-young-peoples-mental-health-improving-access-to-effective-support%2F&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C6f1b3877cc6c4bed204f08d) (Thursday 18 April 2024)
- [Preventing Child Sexual Abuse & Exploitation](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fpreventing-child-sexual-abuse-and-exploitation%2F%3Futm_source%3DCSE%2BMAILER%2B12.02.2024%26utm_medium%3Demail%26ut) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fpreventing-child-sexual-abuse-and-exploitation%2F%3Futm_source%3DCSE%2BMAILER%2B12.02.2024%26utm_medium%3Demail%26ut) (Thursday 6 May 2024)
- [National Mental Health NHS Workforce Resilience Conference](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fmental-health-supporting-nhs-workforce-resilience-2024%2F%3Futm_source%3DWFMH%2BMAILER%2BOPENS%2B08.02.2024%26utm_medium%3Dem) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fmental-health-supporting-nhs-workforce-resilience-2024%2F%3Futm_source%3DWFMH%2BMAILER%2BOPENS%2B08.02.2024%26utm_medium%3Dem) (Thursday 9 May 2024)
- [National Children Looked After Conference](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fchildren-looked-after-2024%2F&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C6f1b3877cc6c4bed204f08dc3) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fchildren-looked-after-2024%2F&data=05%7C02%7CJoanne.Necchi%40hertfordshire.gov.uk%7C6f1b3877cc6c4bed204f08dc3) (Thursday 23 May 2024)
- [Supporting Autistic People and People with a Learning Disability Conference](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fsupporting-autistic-people) (https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.openforumevents.co.uk%2Fevents%2F2024%2Fsupporting-autistic-people-

