

Suicide Prevention Network Newsletter



Welcome to the January edition of the Suicide Prevention Network Newsletter

This month, we're shining a spotlight on the following key topics:

- **Hertfordshire Suicide Prevention Strategy 2025 – 2030**
- **Hertfordshire Health Walks**
- **Domestic Abuse Resource Pack for Gypsy, Roma and Traveller Communities**

We encourage you to share these resources with anyone who may benefit from them. If you know a colleague who would like to receive these updates, they can request a sign-up form by emailing SuicidePreventionHerts@hertfordshire.gov.uk.

If you have content you'd like to contribute, or if you have any questions about this newsletter, please don't hesitate to get in touch via the same email address.

Your mental wellbeing matters.

If any of the topics covered this month affect you, please take a moment to prioritise your wellbeing. You can find support and resources on our [mental health wellbeing webpage](#).

Hertfordshire Suicide Prevention Strategy 2025–2030

Hertfordshire County Council has launched its new Suicide Prevention Strategy 2025–2030, developed in collaboration with professionals, people with lived experience, and data from local suicide audits and the Real Time Suicide Surveillance System. The strategy sets out a population-level approach to understanding, supporting communities, and preventing suicide, guided by the Hertfordshire Suicide Prevention Board.

- [Read the strategy](#)
- [Strategy on a page](#)
- [Watch the summary animation](#)

If you have any questions, then please email suicidepreventionherts@hertfordshire.gov.uk

Please do prioritise your mental wellbeing. If you are affected by any of the topics in this strategy, then our [mental health wellbeing webpage](#) has details of where you can access support. Please telephone 01438 843003 to listen to our recorded mental health information line.

Hertfordshire Health Walks Winter Timetables

Hertfordshire Health Walks Winter Timetables are now online: [Health Walk Timetables \(Jan to April\) 2026](#)

Walking is a great way to look and feel good. It helps boost your mood, maintain a healthy weight, strengthen bones and muscles, and improve stamina. Our **free** group walks are fun, social and a great way to explore local green spaces and the countryside. Encourage your patients and service users to come along and meet others who have been advised to walk to improve their health.

You can help us raise awareness of these free walks by using the resources for health care professionals available here: [Health Walks toolkit](#)

New Leaf College: new courses for spring

New Leaf College have launched their new courses for spring. The courses are free for anyone 18+ who lives in Hertfordshire. Their courses are designed to strengthen skills, expand knowledge, and gain the tools to help individuals take control of their wellbeing.

[Current timetable - Free mental health and wellbeing courses](#)

Domestic Abuse Resource Pack for Gypsy, Roma and Traveller Communities

On Monday, [GATE Herts](#), a leading Gypsy, Roma and Traveller empowerment charity, proudly launched a groundbreaking Domestic Abuse Resource Pack. Developed in close collaboration with community members, Safer Places, Gypsy Media Company, and other specialist domestic abuse services, this pack is designed to provide vital support for Gypsy and Traveller victim/survivors and the professionals who work alongside them.

The launch took place at the Houses of Parliament, it was hosted by the All-Party Parliamentary Group for Gypsy, Travellers and Roma and chaired by Mary Kelly Foy MP, who is the chair of the APPG for Gypsies Travellers and Roma, alongside Apsana Begum MP, Chair of the APPG for Domestic Violence and Abuse. This important initiative was made possible through funding from Hertfordshire County Council and Hertfordshire Community Foundation.

What's inside the pack?

- Three practical guides offering clear, culturally informed advice for victim/survivors and frontline professionals.

- Two powerful new videos:
 - *Road to Refuge* – a walkthrough of a self-contained refuge designed with Gypsy and Traveller families in mind, helping to dispel fears and misconceptions about what refuge looks like.
 - *Domestic Abuse Explained: Voices from Gypsy & Traveller Communities* – sharing real experiences and clear information to support understanding and safety

 **Watch the videos:** <https://www.youtube.com/@gateherts5418>

 **Access the guides:** gateherts.org.uk/resources

Public Health at Hertfordshire County Council continue to work in partnership with GATE Herts on initiatives like this, driving forward improvements in wellbeing and health outcomes for Gypsy, Roma and Traveller communities.

Impactful Lives in 2026

After a busy 2025, Impactful Lives will be holding a “**gay day out**” in January to Kew Gardens and then re-start their monthly groups on Wednesday evenings from February.

If any of your LGBTQ+ contacts would like to join the Impactful Lives activities, they can find information and booking details at <https://il-org.uk>

Impactful Lives currently operate in:

- Monday - Borehamwood
- Tuesday – Watford
- Wednesday - Hemel Hempstead (Sunnyside Rural Trust – café)
- Thursday – Hitchin
- Friday – St Albans

And from January 2026:

- Bishop’s Stortford (3rd Wednesday of the month) times to be confirmed.

If you also know any parents of LGBTQ+ people or those caring for LGBTQ+ or are LGBTQ+ and Caring for others (elderly/partners), you can access the Impactful Governance “Unpaid Carers” groups in:

- St Albans – 3rd Saturday of the month
- Hatfield – 3rd Friday of the month

Have Your Say – Help Us Make a New Big Plan

Hertfordshire County Council is creating a new **Learning Disability Big Plan (Strategy)**. It will help improve education, social care, health, and community services so people get the support they need.

We want to hear from you about:

- What is working well
- What needs to change
- What matters most to you

Take part today:

Click the link below for more information and to complete a survey:

[Learning Disability Big Plan | Hertfordshire County Council](#)

The survey closes on Friday 6th February 2026.

If you have any questions please email bigplan@hertfordshire.gov.uk

Events

- Bookings are now open for **AFSA's One-Day Suicide Prevention Conference 2026 – *Hope in Action: Strengthening Our Collective Response to Suicide Prevention***, taking place on **Friday, 5 June 2026**, at **Nottinghamshire Fire & Rescue Service HQ, Sherwood Lodge**.

This conference has become a significant space for colleagues across fire and rescue services, health partners, and the wider public sector to come together, learn from one another, and strengthen our collective approach to suicide prevention.

Please email afsafrs@yahoo.co.uk for a booking form.

- **Turning Point/Herts Inclusive Theatre, Art for Wellbeing Workshop**

These workshops provide a safe and supportive space to:

- Connect with others in a positive and uplifting environment
- Learn practical art skills for improving wellbeing in daily life
- Explore tools for managing your health and wellbeing

Dates/Times:

Tuesday 13th January 10 - 12

Tuesday 10th February 10 -12

Tuesday 17th March 10 - 12

Tuesday 21st April 10 - 12

Location: Baldock Heritage Centre, Old Town Hall, Baldock SG7 6AR

Format: In person

Light Refreshments will be provided

If you would like to attend, please register by scanning the attached QR code.

We would be delighted to welcome you and support you on your wellbeing journey

If you would like more information, please call the team on 01707 891 120