
Update from Sarah Perman, July 2026.

From Lucy Hill <Lucy.Hill@hertfordshire.gov.uk>
on behalf of
PHComms <PHComms@hertfordshire.gov.uk>
Date Fri 31/07/2026 10:56 AM



Welcome

Welcome to my latest update.

The Government has now set out its decision regarding the future structure of local government in Hertfordshire. The Government's preferred model is for four unitary councils to be established: West Hertfordshire, South West Hertfordshire, Central Hertfordshire, and East Hertfordshire and Broxbourne.

This means that the services currently delivered by Hertfordshire County Council, together with the current district and borough services, will transfer to the new unitary authorities on 1 April 2028. We will be carefully considering options for how Public Health functions and services will be delivered in future. My priority during this period of significant change is to ensure that our strong relationships with the NHS, districts and boroughs, the voluntary sector and other key partners continue and that there is no disruption to delivery of our high quality Public Health services for residents and communities.

Sarah Perman, Director of Public Health, Hertfordshire County Council

Highlights

Launch of the Mimram Gender Based Abuse Service

This month marks the launch of the [Mimram Gender Based Abuse Service](#), Hertfordshire's new countywide service providing free, confidential and independent specialist support for survivors of Violence Against Women and Girls (VAWG). The service officially launched on 1 July 2026 and brings together a range of previously commissioned services under one accessible "one front door" approach, to anyone of any gender, at any risk level, and for all ages.

We encourage partners to visit www.mimramsupport.co.uk to learn more about the service. Together, we can continue to build safer communities and ensure that everyone affected by abuse knows that help is available.

Lung Cancer Screening

New figures show that over 700 people in the East of England have received an earlier lung cancer diagnosis through the Lung Cancer Screening programme since it began in 2019. Mobile scanning units visit venues close to where people live, including sites in Luton, Peterborough, Huntingdon, Milton Keynes, Bedford, Stevenage and Cambridge.

More information: [Screening programme identifies 700 lung cancers earlier in the East of England](#) and [About the Lung Cancer Screening Programme Home](#)

News from our partners

Great opportunity for Day Services colleagues!



The Power of Music – Music in Herts Dementia Care Champion programme is a comprehensive 3-day **fully funded** in-person training programme run by Hertfordshire Care Providers' Association, designed to develop Dementia Music Champions within your service. The Power of Music project aims to increase access to personalised and meaningful music experiences for people living with dementia by equipping staff with practical skills and knowledge to embed music into everyday support.

Book now to confirm your place: [September - Mon 7, Tues 8 & Mon 14](#)

For further information, please visit: [Age UK Hertfordshire | Power of Music](#) or email assistance@hcpa.co.uk

Active Aging - exercise at home support



Would you like support with becoming more active and mobile? HILS free Active Aging service is available to anyone aged over 65 living in Hertfordshire.

Active Aging provides up to eight weeks of tailored one to one exercise support in your home for one hour each week.

Instructors will come to your home and show you safe exercises to suit your ability and personal goals.

You can refer yourself or someone you know by visiting the website: [Exercise at Home - HILS](#) or by calling 0330 2000 103.

Help for Carers Supporting Someone with Suicidal Thoughts

Carers in Hertfordshire runs a monthly support group for anyone supporting a loved one who is experiencing suicidal thoughts or has previously attempted suicide.

This welcoming and confidential group offers a safe space for carers to share experiences, gain support, develop understanding, and connect with others who truly understand the challenges they may be facing.

Meetings are monthly, alternating between being in-person or online. In-person sessions take place on the penultimate Thursday in the month in Hemel Hempstead, while online sessions are on the second Tuesday in the month.

To find out more or to book a place, contact Carers in Hertfordshire by calling 01992 586969, or email contact@carersinherts.org.uk

New Gypsy, Roma and Traveller bereavement booklets

Hertfordshire recently held a launch event for the GRT (Gypsy Roma and Traveller) Bereavement Booklet. The event brought together partners, professionals and contributors to celebrate a co-produced resource developed with Gypsy and Traveller young people through collaboration with [GATE Herts](#), academic partners from Angela Ruskin University and a well-known Romany Artist.

The ambition is for the booklet to be widely accessible and championed by trusted organisations, so that it supports earlier conversations about grief, reduces stigma, and strengthens culturally competent bereavement support across Hertfordshire.

You can access the bereavement booklets below:

[Remembering Together – GRT bereavement booklet and guidance for professionals](#)

[Remembering Together – GRT bereavement booklet for young people](#)

Opportunities

My Healthy Pregnancy – Share Your Views

Hertfordshire Public Health is seeking input from midwives, obstetricians, GPs and healthcare professionals to help improve how healthy lifestyles during pregnancy are supported across the county. By taking part, you will help ensure that the experiences and perspectives of frontline professionals shape future support for pregnant women and families in Hertfordshire. Get involved by [completing a short survey](#) or [join a focus group](#).

We also want to hear from Hertfordshire residents

We are inviting residents aged 18 and over who are currently pregnant, have been pregnant, or have had a baby within the last two years to share their experiences of healthy eating, physical activity, weight gain and the support available during pregnancy. Residents can complete the [residents survey](#) or take part in a [focus group or interview](#).

As a thank you, participants who attend a focus group or interview will receive a £20 Boots voucher. Both surveys will remain open until end of September, with focus groups and interviews taking place throughout August and September.

If you have any questions about the project, please contact Vickie.Rowland@hertfordshire.gov.uk and Harriet.Rowthorn@hertfordshire.gov.uk

Hertfordshire Health Walks

Hertfordshire County Council is recruiting new volunteers for our walk programmes across the county. If you or someone you know is passionate about walking and would like to help others experience the health and wellbeing benefits of brisk walking in the company of others, we'd love to hear from you. Spaces are available on our upcoming training on 4th September in Stevenage and 13 October in Broxbourne. Read more about becoming a [Hertfordshire Health Walk Volunteer](#).

Gambling Awareness Training

Gambling-related harm can have a significant impact on health, wellbeing, finances and relationships, yet it often goes unnoticed. Recent NICE guidance recommends that professionals routinely ask about gambling alongside other health risk behaviours such as smoking, alcohol use and substance misuse. To help raise awareness and build confidence in having these conversations, Hertfordshire Public Health is working with Breakeven to offer **free gambling awareness training** for professionals across the county.

Upcoming training opportunities include, **Bet You Can Help Now** on 24 November 2026 and 3 February 2027 and **Level 2 Gambling Awareness Training** on 13 October 2026.

For further information and to book, please visit: [Public Health Training | Hertfordshire County Council](#).

If you have any questions, please do not hesitate to get in touch: Lucy Fish – lucy.fish@hertfordshire.gov.uk

For more information about local support services, visit: [Gambling | Hertfordshire County Council](#)

And finally...

Energy drinks ban

The government has announced plans to ban the sale of high-caffeine energy drinks to under 16s in England from April 2027. The proposals aim to protect thousands of children who consume these drinks on a regular basis. [Children's health further protected with energy drinks ban - GOV.UK](#)

Disclaimer

This email and any attachments are intended solely for the named recipient(s) and may contain confidential or legally privileged information. If you are not the intended recipient, please delete this message and notify the sender immediately. The views expressed in this email are those of the author and do not necessarily reflect those of Hertfordshire County Council (HCC), unless explicitly stated. HCC monitors and may retain email communications in accordance with its policies and legal obligations. Monitoring is conducted to ensure compliance with council procedures, prevent or detect crime, and support essential system maintenance.

Please consider the environment before printing this email.

For more information on how we handle personal data, please refer to our [privacy policy](#).