



Overview and Scrutiny Committee

9th January 2025

Health and Wellbeing

Joyce Guthrie



Health and Wellbeing in Welwyn Hatfield

- Healthy Hub
- Place Based Health Inequalities
- Sport and Physical Activity Projects
- Healthwise
- Community activities



Healthy Hub

The aim is to:-

1. Provide a one stop shop for residents to access information, signposting and referrals to appropriate health and wellbeing services
2. Promote and cascade health messaging, national and local campaigns to residents and hub partner organisations. (including a monthly newsletter)
3. Have a physical Healthy Hub presence which is able to host public health improvement services (such as: NHS health checks, weight management, drug and alcohol support, stop smoking service).
4. Host other services (eg, citizens advice bureau, MIND, Metro Charity, Step2Skills, Herts Health Walks)
5. Have a virtual hub presence to enable residents who are not able to access physical locations to access information online. It has its own section on One Welwyn Hatfield website. [Healthy Hub – One Welwyn Hatfield \(welhat.gov.uk\)](https://www.welhat.gov.uk/healthy-hub)
6. Provide telephone support for digitally excluded residents.
7. Ensure Healthy Hub staff and partner organisations understand what provision is available to support residents with lifestyle support services (such as weight management, stop smoking service, drug and alcohol support services, and NHS health checks) and know how to refer or signpost residents to such services.



Healthy Hub pop ups

Venues every month include: libraries, The Hive, Friendship House, Hatfield Job centre, St John's Church café, Birchwood Leisure centre.

Healthy Hubs are located in areas with higher levels of health inequalities or where there are high levels of footfall by people experiencing higher levels of health inequalities.



**WELWYN
HATFIELD**

Healthy Hub – quarterly data (July/Aug/Sept 24)

Number of residents who made contact with the Healthy Hub (HH):

Total footfall in pop-up clinics 1308

Interactions (no. of residents that the HH advised/supported) 169

Top reasons why residents made contact with the WelHat HH:

Healthy eating/diet 72

Physical activity/exercise 25

Finding a new hobby/activity in the community 11

Loneliness/ social isolation 7

Weight management 7

Mental Health 6

Stop Smoking 4

Housing advice 4



Onward journey: support residents were directed to:

Healthy Hub newsletter 62

Physical activity/ exercise 28

Loneliness/isolation 8

Hobbies/ social activities 5

Wellbeing projects 5

Herts County Council (adult services) 4

Housing/ tenancy advice (WHBC) 4

Mental Health 4

Stop Smoking services 4

Weight management services 4

Training/ qualification / education 3



Hatfield Community Fair – 13th August 2024

Royal Free London NHS Foundation
Trust attended and screened 43
residents and the Hep C trust did
over 20 Hep C tests and a few Hep B
tests



The **Better Health Bus** from Herts County Council, has been introduced over the past 6 months. It brings health and wellbeing support directly into the centre of the community. It provides free health checks, support to stop smoking and general health and wellbeing advice.

The Healthy Hub supports it by helping organise venues in the borough for it to attend. HH staff can recommend and support residents to book health checks on the bus.

It provides an opportunity to target those hard to reach residents who might not normally visit a GP or get any support with their health and wellbeing



Better Health Bus at Hatfield Christmas light switch on.

In November the bus attended this event. Whilst the weather was extremely wet and wild the staff on the bus were pleased to have the following data:

People spoken to: 30

Health Checks: 3

Wellbeing Checks: 0

Stop smoking advice: 6

Vape kits: 0



NHS Health Checks

This is one of the most requested services within WelHat Healthy Hub. However, availability is dependent on HCC staff capacity which was low over the summer, so not reflected in the latest data.

Moving forwards the HH continues to work with them and will ensure the Better Health Bus comes to suitable venues throughout 25/26 where the Health Checks can take place.

In November 2024 the HH organised 2 NHS Health Check days at Friendship House, with a total of 14 residents booked in for their health checks.



Healthy Hub Newsletter

- Produced monthly and is distributed at start of month
- Currently sent out to over 700 on the database.



The image shows the cover of the 'Healthy Hub' newsletter for February 2024. At the top left is an illustration of a diverse family. The title 'Healthy hub' is in large green letters, with 'Healthy' in a smaller font above 'hub'. Below it, 'Welwyn Hatfield' is written. The date 'Feb 2024' is in the top right corner. A green banner across the middle contains the text 'Help to manage the cost of living'. Below this, there are three paragraphs of text. The first paragraph states that Hertfordshire County Council wants to ensure advice and support is available for residents dealing with rising costs. The second paragraph mentions practical help for those who need it most, highlighting available advice and services. The third paragraph provides information on how to access the 'Cost of Living' webpage at www.hertfordshire.gov.uk/winterhelp. At the bottom is a smaller version of the 'Help to manage the cost of living' flashcard, which is a grid of six boxes providing contact information for various services: HertsHelp, Community spaces, Mental health, Money and benefits advice, Citizens Advice, and Help for households. The flashcard also features a photo of a smiling man and the Hertfordshire logo.

Feb 2024

Healthy hub

Welwyn Hatfield

Help to manage the cost of living

This winter, Hertfordshire County Council wants to make sure that advice and support is available to help every resident deal with the rising cost of living.

Practical help is available for those who need it most. To make sure everyone knows what financial and practical support is available, the council is highlighting advice and services Hertfordshire residents can access on this informational flashcard:

All information can be accessed via Hertfordshire County Council's 'Cost of Living' webpage. Head to www.hertfordshire.gov.uk/winterhelp

Help to manage the cost of living

HertsHelp Trusted advisors offering free, confidential advice on local services and support Call: 0300 123 4567 Email: info@herts.gov.uk www.herts.gov.uk	Community spaces Find a community space near you, locations all across Hertfordshire www.hertfordshire.gov.uk/communityspaces	Mental health Advice and support for your happiness, wellbeing and mental health www.hertfordshire.gov.uk/mentalhealth
Money and benefits advice Free guides on debt and benefits, disability, homelessness, housing, retirement and carer support www.hertfordshire.gov.uk/moneyadvice	Citizens Advice Free, local and confidential advice on benefits, money and credit problems, employment, housing and family issues Call: 0800 144 0843	Help for households Central government is offering support with energy bills, transport, childcare and household costs www.helpforhouseholds.campaign.gov.uk

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



Our Healthy Hub provides FREE lifestyle support for individuals and their families covering mental health, physical activity, weight management, sexual health, smoking cessation, health MOTs and nutritional advice.

January 2025 sessions

- Tues 7th Hatfield Library 11-1pm
- Wed 8th St Johns Church café Hatfield 11-1pm
- Thurs 9th Birchwood Leisure Centre Hatfield 10.30-12.30pm
- Tues 14th Jimmy Macs, The Hive Hatfield 11-1pm
- Thurs 16th Friendship House, Hatfield 10.30-12.30pm
- Tues 21st Hatfield Library 11-1pm
- Wed 22nd Hatfield Job centre (appt only) 1.30-3.30pm

For more help or support from the Healthy Hub team, telephone us on 07810 153909, email us healthyhub@welhat.gov.uk or [visit our website.](#)



Placed Based Health Inequalities Project 2023-2025

- The PBHI project is a partnership programme between Herts County Council Public Health and the 10 district councils.
- It aims to enable action on locally identified health inequalities in each borough in Hertfordshire, working with the local primary care network to identify the local health inequalities.
- Local evidence (eg District Ward profiles), were examined to identify obesity as being a leading health inequality in Welwyn Hatfield. The evidence found the prevalence of obesity is higher in more deprived areas.
- In WelHat 64.46% of adults are overweight or obese. This is higher than the average for Herts and higher than the average for England.
- Each authority identified a core area of work and additional funding was available for smaller projects to support the core project/ health inequality



Funding 23/24

Core funding £30000

Supplementary Funding £5000

Funding 24/25

Core Funding £30000

Supplementary funding £7500



Placed Based Health Inequalities Project

What interventions did we decide to do and why?

- We commissioned Watford FC Community Sports & Education Trust to run 6 Shape Up programmes between 2023-2025 in the more deprived wards of Hatfield.
- Shape Up is a 13 week weight management and behaviour change course for men and women with a BMI of 30 or over.
- 120 participants per annum. 240 participants over the 2 years.
- Participants meet up weekly for a 90 minute session made up of an educational behaviour change segment and a physical activity session. The aim is to encourage a healthy lifestyle and to ensure a sustainable weight loss.
- Referrals are made from Hatfield Primary Care Network.



Supplementary project 23/24

Mind in Mid Herts Outreach Worker (£5000)

- WelHat PBHI project worked with Mind in Mid Herts to provide an Outreach Worker to support those people who would benefit from the Shape Up programme, but who had barriers which prevented them from doing so.
- The Outreach worker helped support individuals with low level mental health issues (such as anxiety, depression and confidence).
- Individuals received up to 6 sessions
- The aim was to support them with their mental health but it was not compulsory that they had to join Shape Up in order to receive this help.



Supplementary project 24/25 (£7500) - Bags of Taste Food project

Aims:

- to change diets and lives through a mentored home cooking programme
- Working with vulnerable families to support them to improve their diets long term (eg the unemployed, those on benefits, mental health issues, pensioners, single parents, those in insecure housing, those with multiple barriers, unstable lives, neurodiversity)

Funding:

- £7500 was secured through the HCC PBHI project 24/25.
- This covers the cost for 70 individuals to participate (to be completed by March 2025).
- The project has been so popular that the first 60 spaces were booked up within 2 weeks of 'going live.'

Referrals are from a variety of sources including Social Prescribers, Hatfield Job centre, Healthy Hub, Hatfield PCN.



Are you worried about the rising cost of food and how to eat healthily on a tight budget?

Then join one of our free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money.

All you need is a kitchen and a phone!



To register: <https://bagsoftaste.org/students/>
Tel: 07813 678660
Email: adele.buckland@bagsoftaste.org



JOIN OUR **FREE, FUN COOKING COURSES**
...all you need is a kitchen and a phone!



FREE & FUN cooking courses **AT HOME**
Cook great food in just 2 weeks!
Impress your friends & family



Exciting meals can be quick, fun, easy and cheap to cook with our **FREE** (ingredients included), flexible, home based short courses.



LEARN TO COOK **EAT LESS TAKEAWAYS** **SAVE MONEY** **IMPROVE HEALTH** **HAVE FUN**



JOIN OUR **FREE, FUN COOKING COURSES**
...all you need is a kitchen and a phone!



About the course

FREE • Cook tasty, healthy meals, cheaply • Get tips on how to budget and save money when you're shopping • Learn how to waste less

How does it work?

• We deliver 3 step-by-step recipes and all the ingredients you need, straight to your door • Your personal mentor will support you by phone or WhatsApp with lots of tips and advice along the way • At the end, you'll get a free gift of wallet-friendly recipes

* Free for participants in receipt of benefits

What do I need to do?

All we ask is that you cook the three recipes and send us photos of your lovely food!

How long does it take?

About two weeks, but you can work at your own pace

How do I join?

• Register online: www.bagsoftaste.org/students
• Call/Whatsapp: 07813 678660
• Email: adele.buckland@bagsoftaste.org

Once we've confirmed your registration, we'll contact you to arrange your delivery



Bags of Taste – data

- The first course completed in December 2024.
- 30 participants took part
- excellent results with 80% of the participants completing the course and graduating.
- The second course (30 people) will be starting in Jan 25
- The final 15 people will participate in Feb 25



Sport and physical activity projects

There are several sport and physical activity projects that take place in the borough, aimed at older adults, those with health conditions, women/girls and young people.



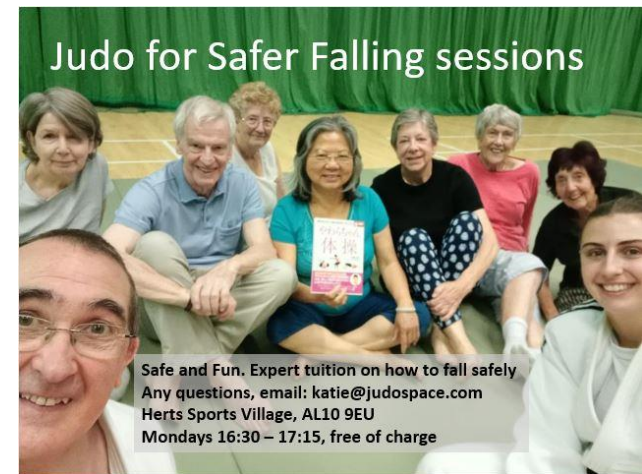
Sport and physical activity projects

Falls Prevention Judo - Herts Sports Village

- Monday 4.30-5.15pm until June 2025
- older adults
- Aim is to improve strength and balance and targets a reduction in the 'fear of falling.' It teaches individuals how to get up safely after a fall.

Strength & Balance classes – Birchwood Leisure centre

- Mondays until April 2025
- Over 50s
- To improve strength, stability and confidence in balance



Sport and physical activity projects

Strength and Balance Class - Hatfield Hyde cricket club

- Ends March 25
- Over 50s
- Weekly
- Delivered by Stevenage Football Club

Strength and Balance classes – Ludwick church WGC

- Ends March 25
- Over 50s
- Weekly
- Delivered by Stevenage Football club



Sport and physical activity projects

Keep fit, keep warm at Birchwood Leisure centre every Thursday

Circuit training incorporating exercises to help improve core muscles and coordination whilst meeting new people.

The sessions were set up to support with providing a warm space during the winter months and a place to exercise indoors, participants are invited to stay for a free warm drink after the class.

The sessions has been popular, attending on a weekly basis.

Aimed at older adults.



Warm Up

Keep fit circuit exercise

FREE TO JOIN

- Circuit training for all abilities
- Work on your core and blow off some steam
- Build up your strength and stability
- Grab a cuppa and get to know your fellow participants in a social setting after the class

Every Thursday
12pm - 1pm
Birchwood Leisure Centre

For more information please get in touch:
wellbeing@hatfield-herts.gov.uk
01707 270772

BIRCHWOOD LEISURE SERVICES Welwyn HATFIELD WELWYN HATFIELD

Sport and physical activity projects

Older Adults Seated exercise classes to music in Welwyn Garden City & Hatfield

- Weekly Tuesday sessions at Woodside House, Greenfields (Cuffley) and Hollier Court for over 55s, delivered by First Garden City homes.

Strength and balance in Welwyn Garden City & Hatfield

- Sessions due to start in January, date TBC.
- Weekly sessions to take place at Ludwick Family Centre, Hatfield Hyde and The Hive Hatfield.
- All sessions are designed for individuals wanting to improve their strength and balance.



Everyone
Welcome
For over 55's
FREE OF CHARGE



Exercise with Us!

SEATED EXERCISE TO MUSIC CLASSES

To book a place Tel: 07779 095923

Woodside House
Bridge Road,
Welwyn Garden City,
Herts
AL8 6UL
Every Tuesday
2pm - 3pm

Hollier Court
French Horn Lane,
Hatfield,
Herts
AL10 8BX
Every Thursday
10am - 11am

 www.fgch.co.uk

 01462 683307



Sport and physical activity projects

Healthy Eating sessions run by Hatfield Primary Care Network

- To support targeted individuals (who are overweight) from Hatfield PCN to eat more healthily
- Individuals learn about new foods they have never tried, along with learning about the different food groups, the Balance of Good Health/ Eatwell Guide and the difference in fats and oils.
- Some of these participants are also on the PBHI Shape Up programme



What is it:

Group sessions for patients who wish to eat for good health

Where:

White Lion House, Town Centre, Hatfield, AL10 0JT (entrance by Isabel Hospice charity shop)

When:

Meet us for 6 weekly sessions 1 - 2pm on the following days:

8TH JANUARY
15TH JANUARY
22ND JANUARY
29TH JANUARY
5TH FEBRUARY
12TH FEBRUARY



We will talk all food related subjects in a friendly and sociable atmosphere
See you there!

Mental Health support for Hatfield Job centre clients (£16000)

- For individuals attending Hatfield Job centre who are struggling with their mental health. Through having some support (up to 6 free sessions with a Counsellor from Mind in Mid Herts), the aim is to help them get back into employment.
- 1 year intervention. Referrals from the Job centre to MIMH. Appointments take place at MIMH's new Hub in White Lion Square.
- End date March 2025



Sport and physical activity projects

A-Z Basketball Programme

Weekly Thursday sessions at the Ridgeway Academy (term time) for 11–16-year-olds. Returning on 9th January 2025.

Girls Dance Project

Weekly Tuesday sessions in Hatfield with FK Dance academy will return on 8th January.

Friday night kicks

Weekly Friday sessions (term time) at the Ridgeway academy for 8 -18-year-olds, delivered by Stevenage FC foundation. Average 45-50 young people attending.



A-Z Basketball Project
Ages 11-16
Free Basketball sessions!

 Ridgeway Academy, WGC

 Every Thursday
9 January - 13 February

 7pm - 8pm

Book via our Eventbrite page:



Sport and physical activity projects



WHERE GETTING IT WRONG IS TOTALLY ALRIGHT.

THIS GIRL CAN
CLASSES

Low Impact Session
Tuesdays at 11:30am
Birchwood Leisure Centre
Free Taster Session Available

Contact and Booking:
wellbeing@hatfield.herts.gov.uk
01707 270772

Come and try our new group exercise classes where everyone is in it together!

This Girl Can classes at Birchwood Leisure Centre

- Low impact sessions on Tuesdays at 11:30am, first session is free, then tickets are £3.50.
- Our 'This Girl Can' Classes provide a welcoming aerobics programme where getting it wrong is alright!
- This Girl Can will give you the confidence to try new moves, understand different fitness class options, and make new friends.
- Tuesday classes at Birchwood Leisure Centre also feature an after-class social gathering.



Warm Space funding from October 24

First Garden Cities Homes – Herts & Arts project in Cuffley for over 55's. Creative session, with free hot drinks & social aspect.

H'arts in Mind – For drop- in art sessions at the Galleria, Hatfield, free hot drink & social aspect.

Birchwood Leisure Centre – To fund Keep Fit Circuit classes aimed at older adults, focusing on building up strength and stability, hot drink & social aspect after class.

WGC United Reformed Church – To contribute towards Thursday Club which is a over 60's social club & Community Café on Tuesday mornings



THURSDAY CLUB

Our social group for people 60+ with activities such as guest speakers, quizzes, singers, bingo, chair based exercises & games.

Every 1st & 3rd Thursday of the month
2-4pm
£2 charge

Location:
Welwyn Garden City United Reformed Church
8 Church Road, Welwyn Garden City
AL8 6PR



COMMUNITY CAFE

TUESDAY MORNING'S
10:30- 12 NOON

A place for community, conversation and coffee.
£2 charge, all welcome

Location:
Welwyn Garden City United Reformed Church
8 Church Road, Welwyn Garden City, AL8 6PR



ART GALLERY

WHEELCHAIR FRIENDLY WARM SPACE TO VIEW ART

Free art drops ins, with tea or coffee on Thursdays
1st & 3rd Thursday 11.30-1pm of every month Sketchbook Club
Zentangle a mindful session drop ins are on 2nd and 4th Thursdays of every month 2-3.30 (Blue badge parking)

H'arts in Mind Gallery (upstairs by escalators)
Galleria Shopping Outlet
Comet Way
Hatfield, AL10 0XR
Open Thursdays, Fridays, Saturdays
11-5pm and Sundays 12-4pm

SUPPORTED BY THE WELWYN HATFIELD COMMUNITY FUND

BETTER WELWYN HATFIELD

Warm Up

Keep fit circuit exercise



FREE TO JOIN

- Circuit training for all abilities
- Work on your core and blow off some steam
- Build up your strength and stability
- Grab a cuppa and get to know your fellow participants in a social setting after the class

Every Thursday
12pm - 1pm
Birchwood Leisure Centre

For more information please get in touch:
welbeing@hatfield-herts.gov.uk
01707 270772



First Garden Cities Homes

Herts & Art

Learn new skills and explore your creativity.

30th Jan, 27th Feb, 27th March
24th April, 22nd May, 26th June
30th July
From 10 am to 11.30 am

Over 55's FREE of charge
To book your place
Tel 01462 687064

At Greenfields
South Drive,
Cuffley,
Herts EN6 4HW

www.fgch.co.uk

Find a community space in Welwyn Hatfield!



Campus West & CP Team partnership

CP Team have been working with the team at Campus West to set up exercise classes for the community. Classes cost £6 with Zebra card membership, £8 without. It is free to sign up to have a Zebra Card membership.

Yoga

Wednesday's 10-11am (**Aimed at older adults**)
average attendance 13

A gentle yoga class incorporating simple flowing sequences with slower paced movements focusing on alignment, strength, balance and flexibility.



Hatfield Healthwise Scheme



BETTER

What is Healthwise



The scheme delivers structured exercise programmes, tailored specifically to the needs and goals of the client



Healthwise works closely with Medical professionals, enabling them to refer patients with a range of medical conditions to a specialised physical activity programme



The programme aims to encourage people of all abilities to become and remain more physically active, helping to improve their health and wellbeing



**WELWYN
HATFIELD**

Client Journey

GP Referral

Triage Call

Initial Assessment

Induction

2 & 8 week phone call review 4
week face to face gym review

12 week Final Reassessment

Continuous support



**WELWYN
HATFIELD**

Inclusion Criteria

Mental Health	Description
Depression	Mild to moderate
Anxiety disorders	Moderate

Metabolic health	Description
Hyperlipidaemia	≥ 6.0 mmol/l and/or raised triglycerides
Overweight/Obesity	BMI > 27.5
Type 1/Type 2 Diabetes	With adequate knowledge regarding Hypoglycaemia awareness and management. If relevant: With adequate advice about adjustment of carbohydrate/ treatment dosage (Insulin or oral hypoglycaemics)

Neurological	Description
Neurological conditions	e.g. Young onset Parkinson's disease (stable), Multiple Sclerosis
Stroke/TIA	> 3 months since stroke and < 1 yr ago. Stable CV symptoms, no assistance required

Respiratory	Description
Asthma/COPD	Grade 1-2 MRC dyspnoea scale: 2 – Short of breath when hurrying on the level or walking up a slight hill

Cardiovascular	Description
Established CHD	Stable angina, post MI, CABG, percutaneous coronary intervention (PCI/stent), valve replacement (only after Phase III rehab and stable)
Family history of premature CHD	Female <65, male <55 and two other CVD risk factors
Hypertension	Medication controlled ≥ 140 –180 SBP and/or ≥ 90 –100 DBP
Peripheral vascular disease	No symptoms of cardiac dysfunction
$\geq 20\%$ CVD risk over next 10 years	Multiple risk factors as identified by QRisk or JBS2 risk tools

Cancer	Description
Cancer	Patients who are receiving or post cancer treatment (<1 yr ago), referral from hospital department only

Musculoskeletal	Description
Back pain	After back rehabilitation, referral from hospital physiotherapist
Fibromyalgia	Associated impaired functional ability
Chronic fatigue syndrome	Significantly deconditioned due to long standing symptoms
Osteoarthritis	Mild/moderate with related mobility problems (includes joint replacements e.g. hip, knee, shoulder)
Osteopenia	BMD between 1 and < 2.5 SD below young adult mean
Osteoporosis	BMD 2.5 SD below young adult mean or > 4 on fracture index with no history of previous low trauma fracture or history of falls
Rheumatoid arthritis	With related mobility problems

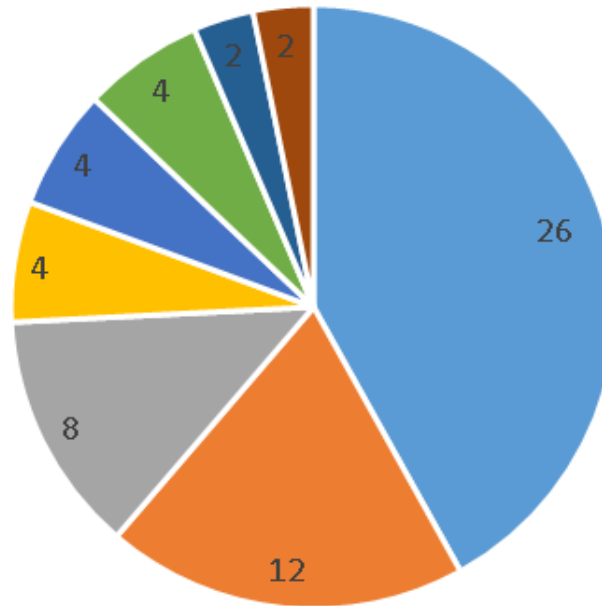


**WELWYN
HATFIELD**

- 74 referrals into the service
- 55 starters
- 11 waiting to be contacted
- 6 have been contacted and booked
- 2 Nonstarters, either non contactable or not within our inclusion criteria
- 74% uptake
- 2 completers YTD
- 50 Healthwise members



Referral Reasons



■ Obesity ■ Anxiety/Depression ■ ORA ■ Hypertention ■ Fibromyalgia ■ Other ■ MSK ■ Cancer



Referring Centres	Number of referrals	% of referrals
Wrafton House	33	45
Lister House	10	14
Burvill House	11	15
Potterells	9	12
Pulmonary rehab Services - Letchworth	2	3
The Garden City Practise	3	4
Spring House	10	14
Other – outside the area	17	23



**WELWYN
HATFIELD**



Hatfield community events



Plans for 2025

Increase the amount of referrals to both sites



Incorporate Healthwise classes for healthwise clients



Testimonial

– Trust Pilot

- I have recently had 2 sessions with Gemma and she is amazing! I was referred by the GP and she made me feel so at ease, explained everything really well and is very supportive. I like the way the machines in the gym don't need a fob thing.
- Date of experience: 12 September 2024



Testimonial

- I just wanted to take the time to say how joining the Heathwise scheme has impacted me. I joined the scheme via my GP surgery and was very reluctant and a little scared, if I'm honest, to go along. At 59 suddenly exercising is a daunting task, but I met with Gemma who at every stage has made me feel comfortable, worked at my pace and given me lots of encouragement. I have been attending Heathwise now for a couple of months and I can honestly say I now really enjoy exercising, even sometimes getting up at the crack of dawn to go before work (never ever would I of thought id do this). My confidence has grown so much and I'm really grateful that this scheme is available, else I would have never stepped foot in a gym.



Testimonial 2

- I started the Healthwise scheme at the end of April 2024. Gemma has been a very understanding and empathetic coordinator. She took into account of my health issues and future plans and worked out a gym program matching my requirements. She also monitors my progress regularly. The scheme is very flexible. I am able to exercise at two locations and try out all the exercise classes plus use of the swimming pool. Booking the classes are easy. I also utilise the Better at Home exercises. This scheme has improved my fitness and both my mental and physical health. It has also improved my focus, mindfulness, patience and discipline. The staff are very friendly and helpful, which makes going to the gym or classes welcoming.



WHAT IS HEALTHWISE?

The Healthwise physical activity referral scheme introduces individuals to the benefits of physical activity in order to help reduce risk factors for chronic disease, and manage existing medical conditions.

The programme aims to encourage people of all abilities to become and remain more physically active, helping to increase activity levels and improve health and wellbeing.



CONTACT HEALTHWISE



1. Hatfield Leisure Centre
Travellers Lane, Hatfield, Hertfordshire, AL10 8TJ
2. Hatfield Swim Centre
Lennford Road, Hatfield, Hertfordshire, AL10 0CH

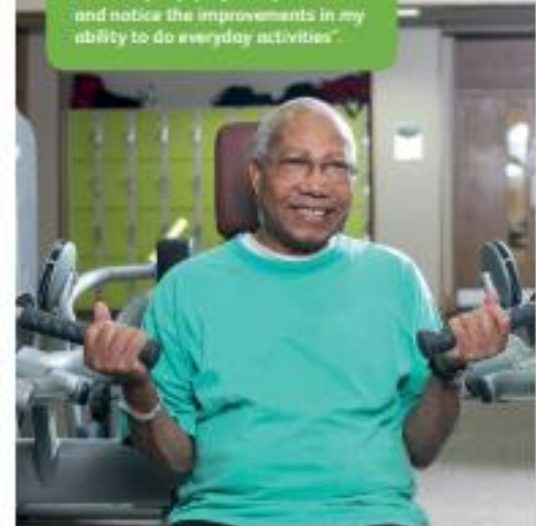
Contact us

For more information please visit
better.org.uk/healthwise.welwynhatfield
or email: healthwise.welwynhatfield@gll.org

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HEALTHWISE: HOW CAN PHYSICAL ACTIVITY HELP ME?

"My instructor helped me build my confidence in the gym and in the pool. I'm really enjoying being active and notice the improvements in my ability to do everyday activities".



WHO IS HEALTHWISE FOR?

The scheme is for Welwyn Garden City and Hatfield residents or patients registered with a Welwyn Garden City or Hatfield GP surgery. It is designed to assist people with medical conditions or other special requirements that may be a barrier to accessing mainstream activity in leisure centres.

Common reasons for referral:

- High blood pressure
- Diabetes
- Asthma
- Circulatory/respiratory disease
- Depression and anxiety
- Arthritis

"After being referred, I had never been to a gym before in my life. I was lost, nervous to my fear a day at the gym or pool. Overcoming initial challenges with confidence in the gym and finding instruction to stay at the pool was tough, but now I have no trouble with either. In just 12 weeks, I've lost 14kg in weight."



"After having a heart attack, I wanted to make a few lifestyle changes and this programme has really helped to put me in the right direction. I'm now able to walk further distances with my energy levels improving."



WHAT ACTIVITIES ARE AVAILABLE?

Healthwise offer a range of activities to suit all abilities. Your facilitator will help you select suitable classes.

Your physical activity programme may include some of the following:

- Gym-based supervised sessions
- Group exercise classes
- Water-based exercise



HOW TO REGISTER

If you are interested in Healthwise then please speak to your GP, practice nurse or Social prescribing link worker, or visit our website by scanning the QR code. Healthwise will contact you to screen your interest further and if successful you will be registered to the appropriate intervention with a Healthwise Facilitator.



Scan to learn more or visit better.org.uk/healthwise



**WELWYN
HATFIELD**

XPLORER



Wednesday 3 April
King George
playing fields, WGC
11am-2pm

Wednesday 10 April
Moneyhole playing
fields, WGC
11am-2pm

- A free family friendly navigational game, where you follow a map to find the markers and gets the kids outside
- Runs in Easter and Summer school holidays
- Open to all ages



HATFIELD

This Girl Can

- This Girl Can is a Sport England national campaign that encourages as many women and girls as possible to be physically active and have fun whilst doing so.
- The campaign features real women – on TV, in cinemas, across social media, in print and on billboards – with the aim of motivating as many women as possible to share their experiences and empower them with the confidence to exercise on their own terms.
- Welwyn Hatfield has taken part in This Girl Can and in 2024 offered over 75 activities for women and girls, most of which were free
- Activities on offer included: paddleboarding, pickleball, bootcamp and outdoor yoga.
- This Girl Can ran from 10th – 16th June 2024



'This Girl Can' round up

Community Partnerships

- 75 activities were on offer over the week.
- 31 clubs/organisations got involved to offer free trials
- Engaged 1000 women/girls
- New focus on mental health as well as physical health with wellbeing sessions with Culture Wood , Meet the Miller experience at Mill Green Museum & Yoga on the Green.



'Brilliant introduction to golf and techniques learnt for myself and my daughter. We have since gone and booked the driving range and parking 3'

'Fantastic opportunity for girls who have never played. Well organised and engaging for everyone! Highly recommended - thank you'

'The organisation skills were really good. I felt included in every activity and inspired to play to the best of my ability. It felt great to see a club organising a try out as I made new friends and could share my passion with someone'

'Brilliant excellent instructor who was very supportive and pitched the session well for beginners. The girls were motivated to achieve a lot in a short space of time and it was a wonderful introduction to a new activity we are inspired to try again in the future'





Big Summer round up

Community Partnerships

- Over 450 activities in total (43.3% increase from last year).
- 177 were delivered or commissioned by WHBC (including Campus West offers).
- An estimated reach of 12000 young people and families across the 3 weeks.
- New activities included Drop-in First Aid, American Football & African Drumming.



