

# A Fresh Hope

A wellbeing approach to helping  
residents and businesses in  
East Herts recover from Covid

Let your hopes, not your hurts, shape  
your future

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## 2021: A Fresh Hope

We all know that 2020 was a tough year for everybody. One year on from the original lockdown we believe we can let a little more hope and excitement creep into our thinking about the future. We at East Herts Council want to play our part in our combined Covid recovery efforts, ensuring that all of our communities – residents and businesses alike – can get back on their feet and access a wide range of support and advice to help with health and wellbeing.

Let's look forward to a return to the healthier, happier lives we have loved and missed so much.

As the government restrictions lift, there will be an ever increasing number of opportunities for you to take part in activities and events that bring the community together, reduce isolation and help improve your physical and mental wellbeing.

Please remember – the social distancing rules still apply along with other national guidance in place to keep us safe

**Please follow the guidelines at all times**

To check the [latest coronavirus guidance on GOV.UK](#) click here

## Don't delay, get started today

While the lifting of lockdown restrictions offers new opportunities, we at East Herts Council truly believe there's much already available to help you on your way to a happier and healthier you. So why wait until all the lockdown measures are lifted?

Whether it's getting out for a walk and exploring the beautiful parks and open spaces of East Herts, visiting our local town centres again, getting out on your bike and taking advantage of the recently installed cycle racks across the district, or signing up to one

of the many virtual wellbeing sessions delivered by our Community Groups and East Herts Council through the Healthy Hub – there’s something for everyone as we look towards a brighter future.

## Let’s make this a wellbeing-focused recovery

Here’s our offer to you.

### Help with mental health

We know that many people have had to deal with difficulties of mental health, bereavement and dementia over the last year, sometimes on their own

We are offering free sessions, virtual at the moment and face-to-face before too long, with experienced counsellors and support groups

See the [Healthy Hub page on the East Herts website](#) for more information

Or contact us at the following address:

[HealthyHubeh@eastherts.gov.uk](mailto:HealthyHubeh@eastherts.gov.uk)

### **Get active, keep active!**

There are lots of opportunities to get out-and-about and we can advise about healthy eating too

Outdoor sports facilities will be open again from 29<sup>th</sup> March and then sports centres are opening from 12<sup>th</sup> April (except Hartham Leisure Centre pool which is closed for upgrading)

Remember, our parks are always open!

See the [HealthyHub page on the East Herts website](#) for more information or contact us at the following address: [HealthyHubeh@eastherts.gov.uk](mailto:HealthyHubeh@eastherts.gov.uk)

### **Local community groups are doing so much**

We know East Herts' rich and varied community groups are at the heart of our recovery

We're offering grants from £300 to £8,000 to residents and community groups who can deliver local initiatives to create stronger, more connected communities and improve health and wellbeing  
Our focus this year is, of course, on Covid recovery

To find out how to apply visit the [Community Grants page on the East Herts website](#) or contact us at the following address: [claire.pullen@eastherts.gov.uk](mailto:claire.pullen@eastherts.gov.uk)

## Hands up who's missed arts and entertainment?

East Herts' arts, culture, heritage and creative industries can bring us all back together again and enrich our health and wellbeing at the same time

The brand new East Herts Cultural Strategy lays out how the council and everyone involved in arts and culture in the district are going to work together to promote opportunities for cultural engagement and enhance the cultural offer in East Herts

To find out more visit [the Cultural Strategy page on the East Herts website](#) or contact us at the following address: [mekhola.ray@eastherts.gov.uk](mailto:mekhola.ray@eastherts.gov.uk)

## Shop Safe, Shop Local

We are supporting our town centres to open up again. We want everyone to feel confident visiting and supporting our local shops and businesses

Here's how we're helping:

- Covid marshals in our town and neighbourhood centres to provide helpful safety advice
- hand sanitisers installed around town
- special traffic arrangements in place
- Bishop's Stortford, Buntingford, Hertford, Sawbridgeworth and Ware Town Councils each have plans for safe re-opening
- grants to help local business get back on their feet. Visit [the Guide to Coronavirus grants for business page on the East Herts website](#) to find out more

### Have a bit of fun while helping local good causes

There are 100 local good causes who benefit from the East Herts Lottery so why not buy a ticket? You can even choose which good cause your stake supports!

To find out more visit the [East Herts Lottery website](#) or contact us at the following address:  
[claire.pullen@eastherts.gov.uk](mailto:claire.pullen@eastherts.gov.uk)

### Visit and enjoy local hospitality

East Herts has a wonderful hospitality sector just waiting to welcome you back

Our environmental health and licensing teams, together with the Police, are working with local pubs, restaurants and clubs to ensure a safe and welcoming environment as we head back out  
See the [Visit Herts website](#) for loads of advice for businesses and visitors alike

### Be a part of something bigger

The East Herts Healthy Hub co-ordinates local activities to that join in with big national health and wellbeing campaigns such as National Walking Month, Mental Health Awareness week and Bee Active Week

To find out more about the local activities supporting these campaigns follow us at

**Facebook:** @EastHertsDC

**Twitter:** @EastHerts

**Instagram:** @EastHerts

Or see the [Healthy Hub page on the East Herts website](#) for more information

**Get out-and-about but get digital too**

We've learned to do so much online over the last year, soon we'll be going out-and-about plus we can do things online too – it'll be the best of both worlds!

We're making it easier to interact with East Herts Council online with new services being added all the time. [Visit the East Herts website.](#)

We're active members of the Essex and Hertfordshire Digital Innovation Zone which is working to make sure 'the benefits of digital investment are harnessed, maximised and shared across residents, commuters, businesses and borders'. Visit the [Digital Innovation Zone website for more information.](#)

**We could all do with a bit of help right now**

All the voluntary groups in East Herts are pulling together to make this a truly wellbeing-focused Covid recovery

[Visit the Active East Herts website](#) to check out all the sports and recreational opportunities available

[Visit the Citizens Advice East Herts website](#) for expert advice and support covering debt, employment issues, benefits and much more

[Visit the Community voluntary Services website](#) for more information on how they can provide support to the voluntary and community sector, including training and funding opportunities

The [East Herts Council's website](#) is always available for advice, information and details about how to contact us

- Visit the [Housing pages on the East Herts website for Homelessness advice and support and housing enquiries](#)
- Visit the [Bins, Waste & Recycling page on the East Herts website](#)
- Visit the [Planning and Building page on the East Herts website](#)
- Visit the [Benefits & Council Tax page on the East Herts website](#)
- Visit the [Parking & Highways page on the East Herts website](#)
- Visit the [Jobs & Volunteering page on the East Herts website](#)
- Visit the [Coronavirus support for businesses page on the East Herts website](#)

## Be the first to know

There's already so much happening right here in East Herts to support your health and wellbeing on your road to recovery and there's more to come – believe us, you won't want to miss out!

To keep in-the-know about the ever-growing range of opportunities available follow us at:

**Facebook:** @EastHertsDC

**Twitter:** @EastHerts

**Instagram:** @EastHerts

Or sign up by visiting the [Healthy Hub page on the East Herts website](#).

**Please follow the Covid safety guidelines at all times**

To check the [latest coronavirus guidance on GOV.UK click here](#)

# The Heart of East Herts

Our residents, communities and businesses really are at the heart of everything we do and we want to hear from you! If you have any suggestions for future health and wellbeing activities, please get in contact at [environmental.health@eastherts.gov.uk](mailto:environmental.health@eastherts.gov.uk)

*For many, 2020 was a year of hurt, 2021 can be our year of hope, so get involved and let your hopes, not your hurts, shape your future*