

Throughout June, we will be supporting the Hertfordshire County Council CareFest '26 events taking place across eight Hertfordshire library sites. These free drop-in events are designed to support older residents, people with disabilities, and unpaid carers by providing the opportunity to connect with a range of local partners offering support services across Hertfordshire. [Click here for more information.](#)

EDI Networking Event

We are pleased to invite you to our upcoming Equality, Diversity & Inclusion (EDI) Network Event – From Conversation to Action, taking place on Monday 29th June, 9:00am–12:30pm at the Colonnades, Hatfield. Building on our previous session, this event will focus on turning ideas into practical action to improve access to services across Hertfordshire. Through facilitated discussions, we will explore key topics such as ethnicity, faith, language needs, LGBTQIA+, neurodiversity, age, and migrant communities. We encourage you to bring your ideas, challenges, and solutions to help shape collaborative projects. This is an opportunity to move beyond conversation and work together towards real change. [Click here for event details and registration.](#) **You do not need to have attended the previous event to take part in this networking event.**

Digital Spotlight:

[Managing change in later life:](#) Aimed at anyone over the age of 65, although everyone is welcome to attend, this webinar identifies the different emotions we may experience when faced with change and provides practical tools to help manage the emotions that may arise.

[Menstrual cycle and mental wellbeing:](#) This webinar introduces the physical and emotional difficulties that may be experienced across the menstrual cycle and presents different tools that can be used to improve emotional wellbeing during menstruation.



[Long-term Physical Health Condition:](#) This webinar introduces what it means to live with a long-term physical health condition and the ways in which it may take a toll on mental health. We explore practical ways to manage stress, including relaxation, mindfulness, energy management, scheduling, and self-compassion.

Raising Awareness in the community:

Men's Health Week takes place in June and is designed to highlight the physical and mental health concerns men go through. It encourages men to prioritise their health and wellbeing and to seek support when they are not feeling their best. According to the Mental Health Foundation, approximately 1-in-8 men experience a common mental health problem such as anxiety, stress, or depression. When left unaddressed, these issues can worsen and have a significant impact on those affected. To support this important conversation, we would like to highlight our webinar, An Introduction to Men's Mental Health. This webinar has been created to provide a supportive space and offer practical guidance to help men look after their mental health. Find out more about this webinar and how to refer to our service here: [Click here.](#)



www.hpft.takingtherapies.nhs.uk



for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust

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