

APRIL 2019 Newsletter

At the YMCA this month HUBB members were glad to find their tables being laid out for them in the large Lecture Room.

We made good use of them, as we studied & wrote all over maps of central Romford provided by our Speaker. Krystel Tracey from "Your Romford" explained how the 10 year plan for reviewing & improving the city centre was starting with the views & experiences of those who lived, worked or visited it - like us!

We "brain-stormed" our ideas for an *ideal city centre*, which included a canal & a commune for the homeless, then we listed our *likes & dislikes* about Romford itself, & *ideas & opportunities for improvement*.



(Romford Market 19-9-12)

For instance, Members *liked* the parks & green spaces, *disliked* the Station inside & out, *wanted* more independent shops, more police presence where crime & violence take place, a good mental health centre, plenty of public seating, a help-centre for LGTM+

people & a youth centre, a livelier market place, & more public toilets. Some wanted more pubs, but some want more coffee shops instead, & one suggested cuts in business rates to limit the number of establishments closing down.

Krystel thanked everyone for their "really important feedback", & said she would be happy to let us know how it is reflected in the development of the Romford masterplan. We may see the architects' views of this on Saturday May 4th in an exhibition in the Liberty Shopping Centre.

Members also held a generous collection for a wreath for the **Funeral** of HUBB's former Chair & Deputy, **RACHEL MORRIS** who sadly died at home on 22-3-19.

For Funeral details please see page 2.

HUBB's NEXT MEETING

will be at a new venue: the Church Hall at **Romford Resource Centre**,
29 Main Road Romford RM1 3DD

On Thursday 2nd May
from 5.0 to 7.0pm

Beside zebra crossing & Bus stops for
Nos 174, 347, 498, & 686, between
Oaklands Ave & Petits Lane

See map on page 2

Buffet & Raffle as usual.

(Our Speaker is to be confirmed.)

In memory of RACHEL MORRIS



RACHEL
with Havering Mayor Philippa Crowder (on left)
in Romford Market for HUBB in May 2017

Here are the details from Rachel's daughter,
Nicole Johns:

FUNERAL on Monday April 29th from
1.30pm at St Paul's Church, 60 Redcar Rd
Harold Hill RM3 9PT (approx 40 mins)

CREMATION from 3.0pm at South
Essex Crematorium, Hall Lane, Ockenden
Rd Upminster RM14 2UY

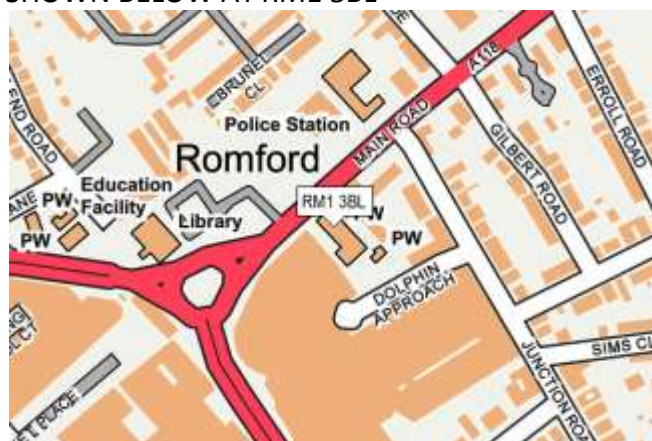
Afterwards Nicole will tell those who
attend where she will be holding a **WAKE**,
with refreshments & photos of Rachel.

From Samantha Finlay, Rachel's close
friend: "I was able to see just how
dedicated & passionate she was in the role
of (HUBB's) volunteer chair. Having
experienced mental health issues herself,
Rachel knew first-hand the stigma that can
come with mental illness. (At HUBB) she
kept us informed about our rights ...& fun
activities & events, & helped to find
speakers & new members. She also found
ways to improve in her role :she learnt
Mental Health First Aid at Havering Adult
College & became a Health Champion with
Tapestry. She will be much missed by all."

MAP for ROMFORD RESOURCE CENTRE at
RM1 3DD HUBB's VENUE on 2nd May 2019



THIS IS ABOUT 5 MINS. WALK FROM OUR
FORMER VENUE AT ROMFORD BAPTIST CHURCH,
SHOWN BELOW AT RM1 3BL



Mental Health Awareness Event

WHEN: Friday May 17th, 10.0 to 4.0

WHERE: Romford Market

HUBB will have a table there with other
Mental Health Charities

PLEASE join us there to help HUBB to
raise understanding of mental health, in
particular about the theme this year:
"Body Image: How we Think about our
Bodies" a focus on Eating Disorders.

The single flower has more
inherent beauty than the bouquet

Chinese proverb

MIND and NATURE

“Not all widely held beliefs about health are true. Some still insist that eating carrots improves your eyesight.

Yet one long-standing & commonsensical view turns out to have good science behind it: living closer to nature is a boon to Mental Health”

“With data from 1985 to 2013 for almost one million Danes, (about 1/6th of their population) researchers in Denmark compared the presence of green space around their subjects’ childhood homes with the incidence of Mental Illness later in their lives.



Even allowing for variables such as poverty & pollution, they found those who grow up in greener surroundings have up to 55% less risk of developing a Mental Disorder.”

“This important finding needs to be incorporated into our urban planning as well as our public health.”

“The link between Mental Wellbeing & green surroundings is not a myth: public health policy should stress Prevention as well as Remedy.”

Copied from The Times of 26-2-19

... MIND and PETS as THERAPY

“Every school should have a dog or another pet to reduce stress in the classroom”, said Sir Anthony Seldon, Deputy Vice Chancellor of The University of Buckingham.

“The quickest & biggest hit that we can make to improve Mental Health in our schools & to make them feel safe for children, is to have at least one dog in every school in the country” he said,

“Because children can relate to animals when they are hurt & anxious & sad in a way that they can’t always with human beings.” “

It’s very easy to do, it’s very cost-effective & the evidence is clear that it works”

And Education Secretary Damian Hinds said more schools seem to have “wellbeing dogs” & adding that “*the pets can really help*” “*Frankly I was a bit surprised, but actually it’s a great thing*”.

www.bbc.co.uk/news/education

on 21-March 2019

However, PETA (People for Ethical Treatment of Animals), say the idea is cruel: that the pets are often kept in cages with no exercise, may be frightened, neglected at weekends, & teased or worse by pupils. They say it’s the teachers’ responsibility to calm & comfort distressed pupils.

Tidiness might be all the rage, but clutter defines us & brings us joy~ so I’m hanging on to mine!

Josh Glancy quoted in Sunday Times 20-1-19

INTRODUCING TWO HUBB VOLUNTEERS:

We know Mauteen already for her contribution to HUBB meetings & articles for our Newsetters:

My name is Mauteen Wusu, I'm Nigerian and I live in Harold Hill. Currently, I work part time at TK Maxx and as a volunteer children's leader at my church (St Peters, Harold Wood) for ages 18 months to 11 years old.

I finished as a student last year from Havering Sixth Form College, where I studied Sociology, Communications Studies, Criminology and Religious Studies.

Presently, I'm on my gap year and will be going to Loughborough University this September to study Criminology with Sociology - which also contains some really interesting psychology modules too.

My interests are sports in general, especially badminton which I play in the adult league for my club. Right now and in the future I aim to work in the Criminal Justice System as part of my career and volunteer in as many charities as I can.

Here is someone we will be hearing more of in future:

My name is Tavinder Kaur New and I am a volunteer Sikh Chaplain. I have volunteered at the Sunflower Suite at Barking Havering Redbridge University Hospital Trust, as a Chaplain visiting patients there who are undergoing chemotherapy.

Although the Chaplain is perceived to be the messenger of death or an omen by patients, contrary to that notion, Chaplains aim to dispel this by establishing care, support and religious or spiritual support if required. I meet patients who are managing cancer, awaiting treatment

or supporting their loved ones through this life changing experience.

I try to focus on building rapport and dialogue and to simply listen to each patient. Some patients wish to discuss their religious beliefs, others don't and I respect their choices. I am there to refer their individual desire for religious or spiritual care through to the department if they desire prayer for a certain faith group.

Often cancer can affect religious or spiritual foundations and bring about the realisation of their own mortality and fear of the unknown.

In future newsletters I will discuss my experiences of meeting patients dealing with cancer who I feel are dignified, positive and share their reflections on managing cancer.

WHAT'S On in May 2019

4 to 6 May: Canalway Cavalcade FREE
Little Venice, Maida Vale W2 1TH
(Warwick Ave Tube) 07774-890750
Boats, stalls, food & drink, Morris dancing, competitions, etc

8-12 May Zippo's Circus, Central Park, East Ham. Tickets from £7.30
08712-102100

FREE IT help & advice for Mobiles, Laptops & Tablets on Thursdays, 10.30-12.30, Upminster Library, 26 Corbets Tey Rd .

Your friend is the one who knows all about you & still likes you.....

Elbert Hubbard