

Mental Health



Support Group

Helping Us Bounce Back in Havering, Barking & Dagenham

Contacts: Chair at henryhilaire@outlook.com or Secretary on 07985-983673 or www.hubb.org.uk

JUNE 2019 Newsletter

We were pleased to welcome **Suzanne Harrup**, joint Secretary & Chair of Becontree Allotment & Horticultural Society. A jolly and friendly person, she described the variety of local plots they manage, & the benefits they bring to the gardeners, including herself.

They have a pond with frogs, a herbal & a sensory garden, they tried a Tudor garden, & now plan a children's plot. Her focus is a plot for people of all types of disabilities, including mental illness. Suzanne told us she has Bi-polar disorder, & has been able to persuade her colleagues of the value of gardening for mental health. She said *"Gardening is the best Medication there is"*



Becontree Allotment, Acton, L 2011 pia-journal.co.uk

Suzanne showed us some enlarged photos of the sites, which are big & some have raised beds for those with limited mobility.

Rents are from £20 a year, & people from other London Boroughs may apply.

HUBB members were invited to visit the allotments this summer. (Contact: 0208-593-1742)

Dinah B thanked all who braved the cold to help on HUBB's stall in Romford at the Mental Health Awareness Event in May.

She reported on Havering's surprise plans to recruit 'up to 60 Local Area Co-ordinators' & also establish 'Community Hubs', starting in so-called deprived areas of Harold Hill & Rainham. Funds & roles for these plans were questioned at the Havering Compact Forum on 4th June

Dinah now has a copy of the latest Disability Rights Handbook to lend out. It is available to those on benefits for £19 instead of £35.

John H outlined his proposals for members to discuss at the August meeting, including : inviting Mental Health staff to attend HUBB meetings, creating a HUBB membership Card to pay for Meetings & Newsletters, & fund-raising for a HUBB office. More details in HUBB's July Newsletter.

HUBB's NEXT MEETING will be on Thursday 4th July, from 4.0 to 6.0pm in the Lecture Room of the YMCA Thames Gateway at 29 Rush Green Road, RM7 0PH.

Our Speaker will be
Olivia Unsworth-Brown
of the **NHS Complaints Service**
run by
Havering Integrated Advocacy Service

SOME BENEFITS ISSUES

Who benefits from Disability Benefits ?

“The fitness-for-work tests have proved controversial. The *Business & Money*, section of the *Sunday Times* reported on 9-6-19 that last year, MPs on the Work& Pensions Committee said they had received nearly 4,000 reports of “*shocking, moving, credible & consistent*” failures in the testing system. “

So the American company Maximus, (which is paid by the Dept for Work & Pensions (DWP) to run these tests through its UK subsidiary, CHDA) said it had started a campaign to “*reduce its reputational risks*” (*NB not to improve its accuracy ! DJB)

CDHA made pre-tax profits of £26.8 million last year for this work. Its contract was recently extended by DWP until 2021.

‘Scrap the Letters’ campaign

The DWP has been writing to the GPs of patients claiming ESA, stating that as their patient has been assessed by the DWP as capable of work, therefore the GP should stop providing this patient with fit (‘sick’) notes, ESA65B.

An online campaign led by ‘38 degrees’ has attracted 116,000 signatures & was supported by some MPs, the British Medical Assoc. & the Royal College of GPs.

It is calling for the guidance to be withdrawn, because it contradicts professional judgements & threatens the Doctor-Patient relationship.

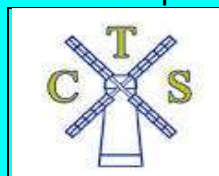
Neighbourliness:



“Can you believe my neighbour rang my doorbell at 5.0 am?

Luckily I was already up, playing my drums”

A big Thankyou again to Corbets Tey School for their help in printing this



HUBB

Newsletter

Universal Credit (UC) Deductions

Most (57%) of those in the UC system do not receive their full amount of UC because of ‘Deductions’.

The government explained: *‘Deductions’ include a claimant’s advance payments, & in urgent cases, payments of arrears of rent, gas or electricity bills, but these will not normally exceed 40% of their entitlement.*

However, other deductions, including sanctions & fraud penalties, are called ‘Reductions’. This means the total number of claimants not getting their full entitlement is even higher.

If the claimant is in financial difficulty as a result of the level of deductions being made, they can contact the DWP to request that a reduction in these deductions be considered’.

The good news is ‘Three-year Sanctions’ are to be stopped by the end of 2019, & replaced by a new maximum of 6 months, mostly used for failure to attend Work-Focused Interviews.

More good news: PIP Reviews

Those still on PIP after reaching their current State Pension Age will no longer have their award reviewed unless they report that their needs have changed

Instead there will be ‘a light touch’ review after 10 years..

From Neil Arnott :

info @socialwelfaretraining.co.uk



'Loneliness in the City' from a HUBB member

NEW LIVERPOOL FC STAR **RHIAN BREWSTER** SUPPORTS FOOTBALL MENTAL HEALTH CHARITY.

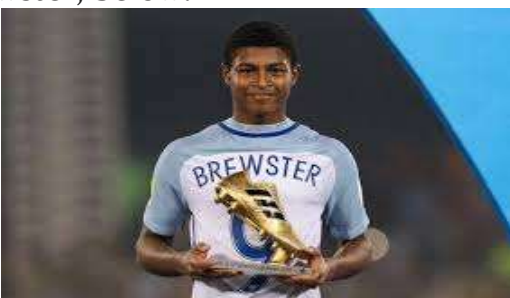
The second annual *FC Not Alone* x CALM World Cup tournament was held at Market Road in Islington, London at the weekend.

Founded by Ian McKenzie and Matthew Legg of *FC Not Alone* in 2018, the cup was set up to raise awareness of mental health and, particularly for men, change the culture for talking about issues and seeking help.

It was joined by charity CALM (Campaign Against Living Miserably), who specifically campaign against male suicide. Suicide is the most common cause of death for men aged between 20 and 49 in England and Wales, according to the Mental Health Foundation.

Legg explained *FC Not Alone's* approach: *"It creates a platform in which people who are struggling can come down to a safe space, and just play football and not have to explain themselves to anybody, but know that everyone is with them in the struggle they're going through,"*

On Saturday, a host of 7-a-side teams headed to Market Road to take part in the tournament, including one featuring Rhian Brewster, below.



empireofthekop.com

Rhian's exceptional talent is set to be rewarded next season with a role in the Liverpool first team.

<https://thisisanfield.com>

Researchers in Scotland find 100 genes linked to Depression

International experts led by Prof. Andrew McIntosh at Edinburgh University studied data from 2 million people in 20 countries (with the donors' consent).

They found genetic variations affecting nerve conditions in the parts of the brain controlling their decision-making and personality.

The more variations a person had, the more likely they were to be depressed



The researchers hope this discovery could lead to better treatments

BBC News 4-2-19

I AM

- as shy as a baby squirrel running away from people
- as careful as an old woman carrying her shopping
- as caring as a widowed mother
- as messy as an un-ironed pair of trousers.

I am a stretchy jumper that fits everyone

I am a rock that has fallen down too many cliffs.

*By Carrie Clarke, when aged 14
Romford Libraries project 2005-6*

Medication: the RADAR Trial

www.ucl.ac.uk

Purpose: Testing the effects of reducing & discontinuing antipsychotic medication in people with long-term schizophrenia & similar conditions

Despite long-term treatment with antipsychotic medication, many people still find life difficult, esp from the dangerous & unpleasant side-effects
Finding alternatives is a priority.

This study investigates whether gradual reduction in medication improves day to day functioning or affects the likelihood of a relapse.

Run by NELFT & 3 other London Health trusts & **funded by** the National Institute for Health Research. Recruitment started in March 2017, & ends on 1 August 2019 The project ends on 1 Jan 2022. **Conclusions awaited!**

Method:

Volunteers receive either 1) the Antipsychotic reduction programme **or** 2) the Maintenance treatment.

Group 1. Volunteers reduce their antipsychotic medication over approx 12 months, (this is much longer than current guidelines advise) & see a psychiatrist every 2 months to review their meds. & monitor their mental health. Some of them are eventually recommended to try to stop taking their meds. altogether, others are supported to maintain as low a dose as possible.

Group 2. These stay on roughly the same dose throughout the study.

Both groups 1 & 2 complete assessments at the start, & then again at 6, 12 & 24 months, to assess their social functioning, symptoms & side effects.

“Start where you are. Use what you have. Do what you can”

Arthur Ashe, USA & Wimbledon Tennis Champion

JULY EVENTS :HAVERING

Haверing Tribute Fest

Saturday 20th 2.0 to 9.45pm

Damyns Hall Aerodrome, Aveley Rd

Upminster RM14 2TN

Live tributes to : ABBA, Elton John, Tina Turner, Robbie Williams, Little Mix, etc
£20, under 14s FREE. In support of MIND
www.haveringtributefest.co.uk

What's Love Got To Do With It?

Thursday 11th July, 7:30pm,- 10pm

Queen's Theatre, Billet Lane, Hornchurch

RM11 1QT Cost: £26 (+65p QNew

Transformation Fee) .Contact: 01708

443333 info@queens-theatre.co.uk

Joyous new show celebrating Tina Turner

JULY EVENTS:BARKING & DAGENHAM

Spoken, Not Stirred

Thursday 4th July: 8:00 pm

The Broadway Theatre, Barking IG11 7LS

Cost: £3 (£1 booking fee) Perform your own work, recite a poem by your favourite writer or just bask in some good sounds and delicious words! Contact: 020 8507 5607
<https://www.thebroadwaybarking.com/sales>

One Borough Festival 2019

Saturday 20 July, 11am to 9pm

Parsloes Park, 333 Ivyhouse Rd, Dagenham

RM9 5SA

Cost: FREE except parking £3.50

Thrilling entertainment, dance, street

theatre, family fun, and more

Contact: summeroffestivals@lbbd.gov.uk

<https://www.lbbd.gov.uk/one-borough-festival>

Orsett Family Festival & Classic Car Show

Sunday 14th July, 10.0am to 5.0pm

Orsett Show Ground, Rectory Road RM16

3JN Supporting Havens Hospices

Adults £8.08, Family of 4 £17. Tel.07519-

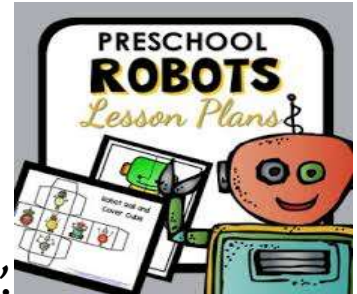
276507 www.orsettfestival.com

Monster Truck Rides, Live Music, Food & Bar,

Vintage Fair, Reptile Experience, Stalls,

Games, Dancing etc.

Yet sometimes everything changes quickly: eg if you move to a foreign country. This calls for much more flexibility of thought than usual. In Artificial Intelligence , how fast the *model* changes is called the



'learning rate'.

Failure to adapt to adversity eg a severe injury, may be a reason why humans get depressed. A person who can adapt to this may thrive, one who doesn't may become depressed.

If a modern robot's hardware is damaged, its software is flexible enough to enable it to re-learn or change its own algorithms. In humans, this re-learning seems to be promoted by the chemical Serotonin in the brain.

When we take antidepressants: (Selective Serotonin Re-uptake Inhibitors or SSRIs), new research suggests they may work by increasing the brain's flexibility, its *'learning rate'*, allowing us to adapt our *model of the world* fast enough to cope with changing circumstances & avoid sliding into depression.

(From The Guardian on 16-4-18)

Mental Health Funding Gap

Widens Further stated the Kings Fund, (an independent national charity working to improve healthcare in England,) in January 2018.

The spending gap between NHS Acute Hospitals & NHS Mental Health

terms & conditions ('Ts & Cs')- even signing away their child or favourite pet- in their rush to take advantage of technology"

A senior researcher at F-Secure told the BBC Radio 4 Today programme that his company carried out an experiment which

providers widened further last year. Although income for Mental Health trusts rose by 2.5% in 2016/17 this was compared to 6% for Acute trusts, & since 2012/13 the difference was 5.6% compared to 16.8%.

This has left NHS Mental Health providers struggling to staff services safely. The NHS is in the very difficult position of trying to deliver "parity of esteem" between Mental & Physical health care whilst it is under huge pressure to reduce debts & improve performance in Acute hospitals. Helen Gilbert, Fellow in Health Policy, concluded *"As long as this is the case the government's aim to tackle the burning injustices faced by people with mental health problems will remain out of reach"*

As the Kings Fund also reports this month, & as we all know, Mental Health problems can seriously exacerbate Physical illness, affecting outcomes & the costs of treatment, estimated to cost the NHS at least £8 billion a year. [So neglecting mental health is not just unfair, it is making acute hospital problems worse too. DJB]

HAVERING COMPACT FORUM

Dinah & Lynda attend these meetings, where in December we learnt about Crowd-Funding, & this week about Fire Safety in Houses of Multiple Occupancy & the structures & links between East London Councils & Health Services: NELFT, BHRUT & the CCGs. (More info on this complex web will be in May's Newsletter.)

Managers of 3 local Voluntary organisations MIND, the CAB & Havering Volunteer Centre were all invited to give 3 minute

presentations . We put HUBB's name down to do this at the next meeting in June.

WHAT'S ON

in Havering, Barking & Dagenham

Friday 27th April Fairkytes, Hornchurch
The LAST BAND STANDING 7.pm

Friday 27th April Broadway Theatre,
Barking Broadway 0208-507-5607
EVERLY BROTHERS TRIBUTE event

May 3rd LOCAL ELECTIONS

Don't forget to cast your Vote at your local Polling Station before or after May's HUBB Meeting on the same day.

May 18th Romford Market, 10.0- 4.0
MENTAL HEALTH AWARENESS event
Please volunteer to help at HUBB's stall!
Many other local MH support organisations will be there too.

THIS IS ME

I am as funny as Krusty the clown
I am as smart as Einstein
I am as crazy as a man with a torch in daylight
I am as tall as the Saracen Tower
I am as evil as a Mad Scientist
I am as old as a 2-seater Mini Cooper
I am the letter Z that nobody uses
I am a match that has been blown out.

Hudson Harding, Havering Writer in Residence
Anthology 2005-6

close to 3 million people in substandard housing & this will let them hold their landlord to account via no win, no fee lawyers."

Loneliness.....

Who remembers the campaigning MP Jo Cox, who was murdered by a far-right terrorist in 2016?

Among other work she sought to find ways to combat loneliness.

Now the Prime Minister has announced that the minister for Culture & Sport, Tracey Crouch, will also develop the recommendations of the Jo Cox Commission on Loneliness.

Age UK recently found that 200,000 older people had not had a conversation with a friend or relative in over a month.

The Chief Nursing Officer for England, Professor Jane Cummings, said loneliness could have a “devastating impact” on mental health & increase the risk of premature death by a third

[It will be interesting to see how this problem will now be tackled]

[From The Times on 12-1-18]

ONLINE THERAPY RISKS

Vulnerable people are being exploited by “unethical” private websites which charge large sums of money for therapy sessions via online chats.

There is growing concern that many of these websites operate using unaccredited counsellors who do not have even the minimum training standards to treat serious mental illness. Some use online automated scripts or operate from abroad, when translations can be misinterpreted.

Anyone can set up a website that charges for therapy, said Kate

Anthony of the British Assoc for Counselling & Psychotherapy.

Rising demand & cuts to NHS services leaves many patients having to wait many months before they can access support.

This fuels the unregulated online market.

And being faced with a big bill just when you’ve revealed your most intimate problems & often before you get any human response, can add to your desperation.

An NHS spokesperson said “We now have the biggest national programme for talking therapies, with more people receiving treatment than ever before. There’s no single right way to receive care, & evidence shows online services can help, particularly when backed up by face-to-face support”

this ignores the unqualified online issue!]

[From The Independent on 27-1-18]

***Our Speaker at the next
HUBB MEETING on
Thursday, February 1st
will explain the CAP’s approach to
personal budgeting & their
budgeting course which members
may attend.
Just the way to begin the year!***

FEBRUARY EVENTS

***Sunday 11 Feb, 10am to 4pm FREE
Valentines Mansion, Valentines Park
Emerson Rd Ilford***

(Near Gants Hill Tube)

***Re-opening celebration: Mind, Body &
Spirit Fair & open Artists’ studios.***

Saturday 10th Feb, 11am to 3pm FREE
Mercury Mall, central Romford
Get Hooked Up Valentines
Competition: use a fishing rod to
hook gift bags - rewards for all, even
consolation prizes.

COMFORT

O the comfort of feeling safe
with a person;
having neither to weigh thoughts,
nor measure words,
but to pour them all out
just as chaff and grain together
knowing that a faithful hand
will take and sift them,
keeping what is worth keeping
and with a breath of kindness,
blow the rest away.

(by
George Eliot)