



MAY 2019 Newsletter

We tried a new venue this month: Romford Resource Centre at No.29 Main Road, quite close to Romford Baptist Church (RBC) We sat at large round tables, (kindly moved for us as they were very heavy), & it was spacious & bright.

When we compared numbers of attendees, costs & convenience of all the venues we have tried, RBC was top, provided the costs could be met by a donation, & No.29 next.

However the donation for the RBC was not confirmed, & No.29 was more expensive than expected, plus the kitchen was up 2 flights of stairs. So to provide some certainty, we will be going back to the YMCA for the next 6 months.

Our Speaker was Nicole Raghuram from EMPOWER, an NHS research project.



This is a new employment initiative: "Dialectical Behaviour Therapy Skills for Employment", or DBT-SE. It aims to help people with mental health problems to both improve their wellbeing & to be able to work. They focus on people with "difficulties in common with those who have a personality disorder".

They are aware that anxiety prevents success, & teach appropriate coping skills in a series of 17 weekly 3 hour workshops, in groups of 12.

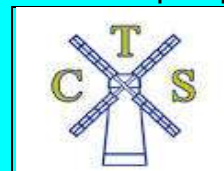
Your GP is informed, but not the DWP, as there is no impact on your Benefit entitlements, & it is voluntary, so you can leave at any time. **At each of 2 six-month follow-ups participants are given £20 shopping vouchers.** An initial phone interview determines if it could help you, & a risk assessment identifies the support you need.

Several members expressed an interest, although some were disappointed that there were no work experience sessions or participating employers involved.

HUBB'S NEXT MEETING will be on
Thursday 6th June
from 4.0pm to 6.0pm
in the large Lecture Room at the
YMCA Thames Gateway
29 Rush Green Road RM7 0PH
Buffet & raffle as usual

Our Speaker is Suzanne Harrup, joint Chair & Secretary of Becontree Allotment & Horticultural Society talking about the work, the people & the open air therapy.

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



MENTAL HEALTH AWARENESS DAY

Friday 17th May

HUBB joined several other local mental health-related charities on Friday 17th May in Romford Market to raise awareness of mental health issues & the support available locally.

Unfortunately, it was the coldest & windiest day of the week, with few shoppers about & more people manning the stalls than visiting them. We kept each other cheerful, but all the stalls packed up by 3.0pm.



Michael & Dinah on duty

Nevertheless, about a dozen HUBBsters came to help out, leaflets were handed out to shops & stall-holders, Gemma brought some cakes for us, Michael Inns & Diane Sowten took some photos, Suzana (originally from HUBB) was on the Havering Advocacy stall - a rare visitor!- & a couple of newcomers said they may join us next month.

HUBB has received the latest 2019-2020 Disability Benefits Handbook.

Members are welcome to read or copy useful pages.

Contact Dinah on 07985-983673

It may also be available in your local Reference Library.

This year's MH Awareness Topic was BODY IMAGE

GPs in Havering are encouraging anyone who has negative thoughts about their body to seek help, to ensure their symptoms can be treated before they escalate.

Although it is normal to be interested in your appearance, spending a lot of time worrying about a specific part of your body may be a sign of Body Dysmorphic Disorder (BDD).

“A Scandal”

Autistic people “Wrongly Detained in Hospital”

Following several disturbing cases in the Press, the CEOs of the National Autistic Society & of Mencap urged the government in March to end the unlawful detention of people with Autism & Learning Difficulties as inpatients under the MH Act, “often for long periods & away from friends & family”.

They pointed out that neither of these is a mental health condition, they are not treatable medical conditions, & hospital wards are inappropriate for them. Often bright, noisy & unpredictable places, they can increase challenging behaviour in such patients, with the risk of restraint, seclusion & overmedication.

[The Times, 19-3-19](#)

“Sometimes when you are in a dark place you think you have been buried, but actually you have been planted.” –
Christine Caine

Tenants left short of rent by DWP's way of counting.....

"We've spent weeks trying to get to the bottom of why tenants & landlords are finding themselves short-changed," said Frank Field, chair of the Government's Work & Pensions Select Committee on May 5th.

"It's hard to escape the conclusion that people have been left short of rent simply because the DWP can't count how many

days are in a year" he added.

After investigation it was found that some



Councils calculate rent differently from the Dept for Work & Pensions (by days in a year instead of by whole weeks). The DWP will "review how the system is working", & Frank Field said "It's heartening that the Secretary of State might change these rules".

The Times 6/5/19

MENTAL HEATH ADVOCACY

Here is an update of the local services for those with a statutory right to Advocacy :

For HAVERING residents:

Havering Integrated Advocacy Service run by Mind in Tower Hamlets & Newham, & based at Harrow Lodge House, Hornchurch Rd RM11 1JU
Contact 0207-510-1081 or 01708-560-660 or havering.advocacy@mithn.org.uk

For B&D residents:

Barking & Dagenham Mental Health Advocacy Services, run by Cambridge House, & contacted on 0207-358-7000 or info@ch1889.org

Both work with clients who are detained under the Mental Health Act, or lack capacity & need IMCA support, or need help with Care Assessments or are involved in Safeguarding or Deprivation of Liberty.

MAGNET THERAPY for DEPRESSION

Researchers at Cornell University, USA, used Magnetic Therapy on patients whose depression has not responded to other treatments.

The patient lies on their back with their head inside a device producing magnetic stimulation. They showed nearly double the improvement after 2 days of treatment, as those given a placebo.

This is the first study demonstrating this mood –enhancing effect, which is thought to work by making nerve cells more active & improving brain connections

Daily Mail on 7-5-19

The final word on Nutrition

- 1 Japanese eat very little & suffer fewer heart attacks than us.*
- 2. Mexicans eat a lot of fat & suffer fewer heart attacks than us.*
- 4. Italians drink excessive amounts of red wine & have fewer heart attacks than us.*
- 5. Germans drink beer & eat lots of fats & sausages & suffer fewer heart attacks than us.*
- 6. French eat full-fat cheese & drink red wine & have fewer heart attacks than us.*

CONCLUSION :Eat & Drink what you like. Apparently it is speaking English that kills you!!

Donnaparkin@hotmail.co.uk 30-3-08

EVENTS in Havering

11am to 3:30pm on 31 May 2019



Location: Romford Market, Romford RM1 3ER
FREE!

Love Romford Market? We do too! We're celebrating our unique market with a jam-packed day of family fun including classic cars, live music, street performers, children's arts & crafts and much more.

Open air concert returns

Havering Council's ever popular Langtons Summer Concert will take place this year on Sunday 2 June.

The Westminster Philharmonic Orchestra will perform a selection of light classics flavoured with themes from cinema, West End musicals and popular television shows.

Tickets for the concert, sponsored by West and Coe Funeral Directors and supported by the Friends of Langtons Estate, will cost £4 on the day but can be purchased in advance online for £3. Admission is free for children under 10.

Gates open at 1pm on Sunday 2 June. Entrance will be via the gate in Keswick Avenue and the main gate on Billet Lane, Hornchurch. The concert begins at 3pm.

Barking Music & Drama presents
Barry Manilow's
Copacabana
the Musical
At Kenneth More Theatre, Ilford
6th-8th June
Box Office 0208-553-4466

Events in B&D

Barking Folk Festival

WHEN: Sat 8th June + Sun 9th June

WHERE: 11am - 4pm at Abbey Green (21 Abbey Rd, Barking IG11 8JA)

3pm - 9.30pm (Abbey Ruins)

COST: Free tickets are available for Barking and Dagenham residents using the promotional code available in the residents-only newsletter.

Non residents' tickets are available at only £12 per adult and £3 per child by booking through Eventbrite or £15 per adult and £5 per child at the ticket office on the day of the event. Websites:

<https://www.lbdd.gov.uk/barking-folk-festival>
<https://www.eventbrite.co.uk/o/london-borough-of-barking-and-dagenham-12865789485> = for tickets

A family-friendly festival celebrating folk music and dance from around the globe, complete with workshops, family fun and sensational street theatre.

Steam and Cider Fair

WHEN: Sat 29th June, 11am - 6pm

WHERE: Old Dagenham Park, Ballards Road, Dagenham RM10 9AR

COST: £3.50 charge to park your vehicle in the event car park (pay for stalls, rides, food and a bar serving cider and real ales)

- Email: rangers@lbdd.gov.uk

Traditional entertainment and attractions to reflect the borough's rural and industrial heritage: steam engines and machinery, classic cars, local music and dance.

New 50+ Club

WHEN: Wednesdays, 2pm - 4pm between 1 May 2019 and 31 May 2020

WHERE: St Georges Church Hall, Chippenham Rd, Harold Hill RM3 8HX

COST: Free

CONTACT: Patsie 07786515594 or e-mail Pat.Knowles@hotmail.com

Meet new friends! Local guest speakers, games, quizzes and refreshments.