



# NEWSLETTER **January** 2021

## Mental Health Support Group Helping Us Bounce Back

in Havering, Barking & Dagenham

Contact: Secretary on 07985-983673 or at [djwbset@ntlworld.com](mailto:djwbset@ntlworld.com)

Who or What is HUBB? See back page!

### New Year, New Hope!

By the time you read this, some of us will have had our first (of two) Covid-19 vaccine jabs, & all the rest of us are in the queue for it.

This should give us confidence to look forward to being able to meet again some time this year, possibly once infection rates are under control in London.

Please let vulnerable people know that this vaccine is provided only through the NHS & is **FREE** to all of us: there are villains out there trying to sell **fake** vaccine to worried people.

Meanwhile, I hope anyone who wasn't taking the 'lockdown' seriously will just watch the news & accept their role in avoiding risks & keeping us all safe!



HUBB is grateful to KallKwik, Romford, for helping to keep Romford open for business & printing our Newsletters during lockdowns.

### Do you celebrate Burns Night?



On January 25th Scots everywhere remember their national poet Robbie Burns (1759 to 1796) with songs & speeches after "*piping in the haggis*" for a Feast of spicy sheep's offal, neeps & tatties (turnips & potatoes).



First the Selkirk Grace (quoted by Burns at a feast in 1794) is read:

*"Some hae meat & canna eat,  
Some wad eat that want it,  
But we hae meat & we can eat  
So let the Lord be thankit",*

Followed, of course, by Scotch whisky for the (many) toasts!

More seriously, this year Holocaust Memorial Day on 27th Jan. has to be celebrated online, on Sunday 25th by the Rev Lee Sunderland, Rabbi for Romford & District Synagogue & Havering Mayor, Councillor John Mylord. The theme is Be the Light in the Darkness.

Keep up to date:

Calls to mental health helplines and prescriptions for antidepressants have reached an all-time high, while access to potentially life-saving talking therapies has plunged during the coronavirus pandemic *a Guardian investigation has found.*

More than 6 million people in England received antidepressants in the three months to September, part of a wider trend and the highest figure on record.

The fall in referrals to NHS psychological therapies services (IAPT) is thought to have been down to counselling services going online, which some doctors have deemed inappropriate for certain patients, while some patients were reluctant to seek face-to-face help or add extra pressure to health services.

Concerns have been raised that vital early intervention treatment will not have been given, with experts saying the longer people wait for appropriate help the *“more severe and complex their difficulties and their lives can become”*.

Arty-fun (from ‘The End’)

Q: What colours would you paint the sun & the wind?

A: The sun rose & the wind blew!



The President of the United States & the Other One...

From **CIVIL SOCIETY**, the online charity news service, on 25-9-20

This week, rather than fluffy dogs or classy cats, we bring you the most extraordinary, most inspiring beastly content in charity land: a rat story.

Yes, really.

Animal charity PDSA has awarded Magawa, an African giant pouched rat, with the PDSA Gold Medal – the animal equivalent of the George Cross – to recognise his “life-saving bravery and devotion to duty”.

Despite a seemingly ordinary appearance, Magawa has discovered 39 landmines and 28 items of unexploded ordnance in his career as a landmine detection rat in Cambodia.

This life-saving work earned him the medal as well as the title of HeroRAT.

He is the first rat in the charity’s 77-year history to receive a PDSA Medal, joining a line-up of brave dogs, horses, pigeons and a cat.

Jan McLoughlin, director general of PDSA, celebrated HeroRAT Magawa’s work and his “dedication, skill and bravery”, and said the charity is “thrilled” to award him the PDSA Gold Medal. Yes, you can clap now!

## Mental health problems affect people in every country across the world.

However, mental health is very closely linked to poverty, discrimination and overall health and wellbeing.

Whilst mental illnesses are recognised as an urgent health challenge, they are often severely neglected and the people affected are hidden.

Funding and resources allocated to mental health are almost non-existent in many health systems around the world. 80% of people with mental health problems live in low and middle income countries, where fewer than 1 in 5 get any treatment.

When mental health services do exist, they are often not adequate or appropriate. They are rarely integrated well with other health services, and the stigma attached to mental health issues prevents many people from seeking and accessing services. It is a silent epidemic, and those suffering are often not in a position to demand action



At Health Poverty Action, we believe in a holistic approach to health and wellbeing, which includes ensuring emotional and social wellbeing. We believe mental health services should be a core part of the services provided by health systems, complimenting physical health check-ups and treatments.

We are currently working to expand our focus on mental health, integrating it into the holistic work we already do in Somaliland, and working in partnership with Find Your Feet on a project in Zimbabwe focusing exclusively on mental health.



Good health is about both physical and mental wellbeing.

Emotional, psychological and social wellbeing are just as crucial as physical health, and they can all impact on one another.

Zoe Ashton, psychotherapist, is publishing a Mental Health first aid kit as an ebook, to include her weekly Mental Health Workout:

- Talk with someone who can support your progress,
- Join social events to develop your self esteem & practice setting boundaries,
- Do 30 mins cardiovascular exercises to stabilise your mood, 'fire your biochemistry & promote happy feelings'
- Allow yourself 30 mins for self-care. Pampering & being kind to yourself.

(Lucy Bannerman in The Times 27-8-20)

Arty fun (From 'The End')

Q Why are Goldfish red?

A: The water makes them rusty!





## WHO or WHAT is HUBB ?

HUBB Support Group is an independent, self-managing, unregistered charity for adults who support each other to move on from mental illness.

When we can, we meet once a month to share experiences, friendship & encouragement, & also to enjoy our visiting speakers, a raffle & refreshments, all for £2.

**WHEN WE ARE ABLE TO MEET AGAIN**, join us on the 1st Thursday of every month, from 4.0 to 6.0pm in the YMCA Thames Gateway, 29, Rush Green Rd RM7 0PH (near Romeo Corner).

We also invite members to respond to selected local & national Consultations, such as the plans for the future of Romford & the Review of the Mental Health Act. The next meeting will be announced in advance in this monthly HUBB Newsletter, sent to all members, & the HUBB Website [www.hubb.org.uk](http://www.hubb.org.uk).

Contact the Secretary for more information on 07985-983673 or at [djwbset@ntlworld.com](mailto:djwbset@ntlworld.com)

**A spooky date:**

**What happens this year would only happen in a 2000 years!**

**Do this:**

**Write down your Year of Birth, add your Age this year - you will find everyone's answer comes to 2012!**

From HUBB member Kim Kendrick on 1.1.21

**Be good to yourself:  
be kind, be patient,  
be forgiving. After all  
you're all you've got.**

From Meditations, Axiom Publisher

## Seaside Fun

(From Kim Kendrick)

Q: What do you call a dog who can float?

A: "Good Buoy"!



## ABOUT TALKING THERAPIES

It can be difficult having to cope alone and it is often impossible to see a clear way-through. Whether your issues are caused by problems you face every day, or by events that have happened in your past - talking therapies can help. We are a free and confidential NHS service that will work with you to help you feel better.

For easy access to talking therapies services near you, call your area to find out more.:

Phone: 0300-300-1554, then OPTION

1 for REDBRIDGE

2 for HAVERING

3 for BARKING & DAGENHAM

4 for WALTHAM FOREST

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