



JANUARY 2019 Newsletter

Our first HUBB Meeting of 2019 was a busy one: Lynda suggested we make a huge 'Love from HUBB' Valentines Day Heart of paper roses, to display in a big public window. She provided crepe paper & guidance for us to start making some roses. However, we realised this project could not be completed in time this year, so we may change it to a Christmas design, to be started in the autumn. Thanks to all those who participated.

Meanwhile, Dinah reminded us that HUBB's *Annual General Meeting (AGM)* is due in March, so election information will go out in this Newsletter.

Additional Trustee opportunities may also be advertised in Havering & B&D Volunteer Offices, to see if any local people with useful experience & understanding of mental health issues are interested in joining us.

We discussed future, more affordable Venues for our Meetings, & so that we can be flexible in finding new venues, we recorded which days & times everyone present could attend a HUBB monthly meeting. By a small majority Monday was the only alternative to Thursday, & most people preferred not to change.

On December 28th HUBB Committee members agreed that our meetings should involve *more activities*, not just talks. So as well as the huge card project, we plan some gentle exercises & perhaps some music or games in future, all good therapy as well as fun

Your own activity ideas are welcome

HUBB's Next Meeting will be on Thursday February 7th from 5-7.0pm
At the **YMCA Thames Gateway**
29 Rush Green Rd, RM7 0PH

The following **buses** stop nearby:
5,175,128 See **MAP** on page 2

As well as our Buffet & Raffle, we will be given an easy introduction to **Tai Chi**,
an ancient Chinese exercise that can improve our balance & flexibility & reduce stress.

No lycra needed!

HUBB's AGM on 7th March 2019
Annual Reports & Elections:

Job Descriptions & Application details for HUBB Trustee & Committee posts are enclosed.

Anyone may apply to become a HUBB Member & stand for any of these positions or as their Deputies, to share the workloads & encourage new ideas.

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



HUBB

Newsletter.

Find the YMCA Thames Gateway here:
YMCA Thames Gateway is the red dot in the middle of this map of Romford & Hornchurch



Your views on the new venue will be helpful

TAI CHI helps to ease chronic pain

because it can improve posture, balance & general mobility, & increase muscle strength in the legs.

A study of 50 adults aged over 65 who took an hour-long session twice a week for 12 weeks found that Tai Chi was better than more strenuous exercise in lowering pain severity, & it reduced the fear of falls.

It has also been found as effective as physiotherapy in patients with knee osteoarthritis.

From The Journal Ageing Clinical & Experimental Research reported in the Daily Mail on 8-5-18



BEAUTY & MENTAL HEALTH: RISKS OF COSMETIC SURGERY

Injections of Botox & Dermal Fillers which temporarily hide wrinkles or make lips bigger are being advertised by Superdrug Skin Renew Service (& some private beauticians) as “casual beauty treatments” like having a leg wax, said NHS surgeons.

The NHS is concerned about the impact on people with who are mentally ill, including with Body Dysmorphic Disorder (BDD) in which people are fixated on what they think are flaws in their appearance

The Medical Director of NHS England, Prof. Stephen Powis, said “*Pressures (to be perfect) on young people are greater than they have ever been, with families & the health service too often left to pick up the pieces.*”



After Prof. Powis wrote to him, the CEO of Superdrug has voluntarily agreed to ask customers specific questions about BDD: “*We met with the NHS to ensure we have the highest safety standards & quality of patient care*”

Kitty Wallace, a trustee with the BDD Foundation, said fewer than 10% of patients with BDD were satisfied with the results of their cosmetic procedures. They do not cure the disorder & may even leave them disfigured. “*It is important that these measures are in place to protect such individuals from potentially damaging & unnecessary procedures*”

(From BBC Radio 4 ‘Today’ programme.)

Three things there are that will never
come back :
The arrow shot forth on its destined
track,
The appointed hour that could not wait,
And the helpful word that was spoken
too late. (Transl. From the Persian by L. U.)

“RENT-a-SISTER” Coaxing young
Japanese men out of their solitary rooms



At least half a million young men in Japan,
it is estimated, have withdrawn from
society & refuse to leave their bedrooms.

Their families find it hard to get help to
them, but one organisation: *New Start*,
offers families the chance to rent “*Sisters
-for-hire*” to help coax these “*Hikikomori*”
as they are known, out of their isolation.
Some had been bullied at school, or were
depressed, especially by Japanese society's
pressure to succeed.

In a film on 16-10-18 for BBC World Hacks,
one *Hikikomori* said he had become
“*basically nocturnal*”. Another explained
“*Our society is very tough on the weak*”.

The Sisters are paid by New Start, &
receive basic training like Befrienders
here. They are not professionals, but must
be aware of the risks from some
unpredictable clients.

One Sister had to call police when she was
attacked, another could communicate only
by notes she passed under her client's
bedroom door. They said it takes between 6
months to 2 years to change a *Hikikomori's*
behaviour. Finally, some of them may move
out into New Start's *Dormitory*, a strict
hostel where they prepare to become
employable.

This phenomenon was first described by Prof. Tamaki
Saito in “*Hikikomori: Adolescence Without End*” pub
in Japan in 1993.

“TOXIC MASCULINITY” challenged

The American Psychological Association
(APA) has recently declared that
psychologists have been wrongly
assuming that men's personalities were
“the norm”: & less complex & vulnerable
than women's.

Men are expected to value achievement,
adventure, risk, violence, homophobia, &
power, & to fear appearing weak or



‘soft’

Dr Fredric Rabinowitz, writing new
guidelines for the APA, said “*Over 40
years of research reveals that this
traditional masculinity does not only
undermine women: it also has severe
negative impacts on men's health too*”

“*We see that men have higher suicide
rates than women, more cardiovascular
diseases, & men are lonelier as they get
older.*”

Despite men being 4 times more likely
than women to commit suicide, they are
also less likely to seek psychological
help- which they may see as a sign of
weakness.

In modern society this limits men's own
emotional development; they become
confused about gender roles (“*Who takes
the bins out?*”), & experience
unacknowledged stress.

Dr Rabinowitz said, “*We are trying to
help men by expanding their emotional
repertoire, not trying to take away the
strengths that men have.*”

Report in Care 2 Causes website 18-1-19

The Bad - & the Good News about GPs

The differences in the availability of GPs across England is “Shocking” said the chair of The Royal College of GPs, Professor Helen Stokes-Lampard. “It suggests there are areas of the country that are really struggling to get the GPs they need”. And the Patients’ Association CEO Rachel Power agreed the findings were “worrying”.

Compared with 36 European countries, only Poland & Turkey had fewer GPs per 100,000 people than UK.



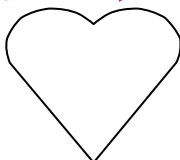
The good news is that the 1 in 10 GP training places in England which had been left unfilled, were last year all filled by 3400 new trainees.

And as reported by both *Havering & B&D Commissioning Groups (CCGs)*, the medical authorities encouraged GPs in training here to stay here once their training ends. They made each trainee a permanent job offer, plus mentoring with a senior doctor & time to practice their chosen medical specialism.

So far 7 of these new GPs have accepted & started part-time work in local surgeries.

DON'T FORGET VALENTINES DAY

Thursday



14th February!

WHAT'S ON?

Valentine's Party Night
Romford United Services Social Club
28 Mawney Rd Romford 01708-762743

“Rock'n Romance”

Members £1, non-members £5, Open 7.0pm

Show starts 9.0pm, Bar to 1.0am

FREE Computer classes, all levels
Every Tuesday 2-4pm until 6th March 2019
Mardyke Community Centre, South Street
Rainham

Learn Bell Ringing, St Andrew's Church
222 High Street, Hornchurch
Every Tues, 7.30-9.0pm until 1st Oct 2019
Great mental & physical exercise!

FREE sessions at Barking Library,
Barking Learning Centre
Town Square, Barking , include:

FREE Pen to Print: creating Comic Books
Learn Comic Story Writing & Drawing ,
All materials provided. 10-12 noon
Every 1st & 3rd Sat.from 2nd Feb to 6th April.

FREE Poetry Showcase: “Winter's Beauty”
With Patsy Middleton, 31 January, 6.30-9.pm

He who knows not, but knows not that
he knows not, is a fool: Shun him.

He who knows not, & knows that he
knows not, is a Child: Teach him

He who knows, & knows not that he
knows, is asleep: Wake him.

He who knows, & knows that he knows, is
wise: Follow him.
(Translated from the Persian)