



Mental Health

Helping Us Bounce Back in Havering, Barking & Dagenham
Contact: Secretary on 07985-983673 or djwbset@ntlworld.com

Support Group

HUBB Newsletter October 2020

Who or What is HUBB? See back page!

It was great to see so many members & friends of HUBB again at our October meeting :20 of us!

We were able to socially distance in the large hall at Havering Community Hub in Harold Wood. John H. was our Registrar, taking names & donations, & Dinah took forehead temperatures as a precaution.

Matt, the manager, patiently served free teas & coffees to us all evening, & Gemma, Mauteen & Dinah served the buffet food to people at their tables.

Sam F. bravely gave us her first public talk, about her sponsored challenge to climb stairs equivalent to the height of Ben Nevis. She raised £300 for Havering Assoc. for the Disabled!

(Who will set us a sponsored challenge for HUBB Support Group?....)

Then John H described his proposals for HUBB's future accommodation & activities, also requiring sponsorship, to be discussed at our next Committee meeting. Copies of a potential Newsletter design by a graphic designer- our new member Paul B., were shared & discussed. & Paul took away some ideas for its development. Dinah encouraged members to participate in any local events for World Mental Health Day on the 10th, in the absence of the usual public borough-based events. We ended the meeting with a Raffle as usual, & thanked Gemma for her cooking & Matt for his hospitality.

We will follow the changing Covid rules as we plan our next meeting.



The Government has confirmed that **tradespeople** can continue to work in your home, provided they keep social distancing & wear masks when near others.

LATEST:

*Since 17-10-20, London is in Tier 2 (high alert), for Covid-19 restrictions, so **HUBB members will not be able to meet each other indoors**, & only in groups of 6 out of doors for a while.*

If you & up to 5 other HUBBites can meet outside, avoiding the rain, that would be great. Otherwise, to protect everyone from the virus, we will instead keep in touch by phone, text & email- & on Zoom if you can.

*Nothing stops our **Newsletters!** Let Dinah know how you are coping indoors this autumn.*

- HUBB is grateful to KallKwik, Romford, for 'helping to keep Romford open for business' & printing our Newsletters during the 'lockdown'



The Sunday Times 20-9-29

Graduates compete to train as Mental Health Social Workers

“A fast-track training programme that started in 2016 to recruit high-flying graduates (with at least a 2.1 degree) to become Mental Health Social Workers has proved so popular that it is being expanded to meet demand: 30 candidates were competing for every place.

Many of those drawn to the programme, , have experienced mental illness within their families or among friends, said its chief executive, Ella Joseph.

“One thing that our participants & applicants have in common is a deep desire & motivation to address the mental health challenge, & support some of society’s most vulnerable people, dealing with severe & enduring mental health problems” she said.

The graduates are sent to a 6 week summer school & then placed with mental health teams at NHS Trusts or local authorities across England, where they train on the job. With a tax-free bursary

of £17,200, they gain a post graduate Diploma in Social Work after their first year, & a masters degree after their second, then paid by their employer.

Unlike the traditional general Social Work degree course, Think Ahead specifically focuses on mental health. As a result, between 2017 & 2019, 81% of Think Ahead trainees were employed as Mental Health Social Workers 6 months after qualifying, compared with just 8% who qualified as generic Social Workers.

One successful graduate who was first employed in a recruitment agency, but wanted to something more fulfilling, is now working in a CMHT in Greater Manchester. “A huge responsibility” she said, “I do take that very, very seriously”
The Times 3-10-20

GET YOUR FREE 'FLU JAB!

Protect yourself from 'flu this winter



–: People with 'flu are not only feeling miserable but also

more vulnerable to Covid-19 virus.

It is free for all who nurse, care for or live with vulnerable people, & for people who will be over 65 years by 31st March 2021, or are under 65 but with a chronic illness, disability, or are pregnant, or who live in a residential care home.

You can make an appointment with your GP, local Chemist or at some supermarkets with pharmacies, eg Tesco.

Remember, the jab takes 2 weeks to become effective, so don't delay, book yours today

Lorraine has made 72 hand-knitted berets for charity during 2020



Try Lorraine's knitting pattern:

- Using double knitting wool, on 3/4 mm knitting needles cast on 80 stitches.
- Knit 17 rows in Rib stitch
- Change to 4mm knitting needles, use these to complete the beret.
- Knit 20 rows in Stocking stitch (=1 row Plain, 1 row Pearl)
- Knit 6 stitches, then knit 2 stitches together, repeat across the whole row.
- Knit next row in Pearl stitch.
- Knit 5 stitches, then knit 2 stitches together
- Knit next row in Pearl stitch
- Continue to reduce the width by 1 stitch, alternating with a row of Pearl stitches, until you get to 1 stitch, knit 2 together,
- Knit 2 stitches together in Pearl stitch
- Cut off the long thread, put a sewing needle through the remaining stitches
- Sew up the beret down the side & finish off.

The guy who invented the wheel was an idiot....

The guy who invented the other three – he was a genius!

Sid Caesar

MASK IT!

The first 5 to 8 seconds after a person coughs hold the greatest infection risk.

But research by the Indian Institute of Technology, published in the journal 'Physics of Fluids', shows that **wearing a mask** reduces the cloud of cough particles released from about 180 litres to 23 litres, & reduces a cough's distance from 3 metres to 1.5 metres. *So Mask Up!*

CHARITY SLEEPOVER

Lorraine also supports the ***Streets of London Charity for the Homeless.***

On 23-10-20 she, like other supporters, was sleeping on the floor at home to raise donations to be shared among several Homeless Charities in London.



If you would like to donate, just Pledge your chosen amount for Lorraine's Streets of London charity,
(Photo is from their

website) *online or in writing to the HUBB address & we will collect your money for the Homeless Charity when HUBB can meet again. (This is to avoid paying £6 in addition to your donation just to cover the costs of donation online)*

INSOMNIA TREATMENT

Insomnia causing sleepless nights, daytime fatigue and poor health outcomes is a cycle worth busting, experts say, with depression, anxiety and stress a common combination.

A study of more than 450 insomnia patients in Australia has confirmed some positive results

The Flinders University researchers found not only that a program of **targeted cognitive behavioural therapy** does help relieve insomnia -- but also has a positive effect on symptoms of depression, anxiety and stress. Sleep Medicine 28-9-20

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

- Join us on the **1st Thursday** of every month, from 4.0 to 6.0pm **WHEN RULES ALLOW US TO MEET** - for Friendship, Refreshments, Visiting Speakers, a Raffle, & Encouragement, in a 'Safe Place' to share Experiences, –address to be confirmed. Entry is £2.

Next meeting to be announced in advance in the Monthly HUBB Newsletter, sent to all members & on our Website: www.HUBB.org.uk

We also join in relevant public **Events** & invite our members to respond to selected **local & national Consultations** such as the plans for the future of Romford & the Review of the Mental Health Act .

*A THUNDERSTORM in TOWN
She wore a new 'terra-cotta' dress,
And we stayed,
Because of the pelting storm,
Within the hansom's dry recess,
Though the horse had stopped.
Yea motionless
We sat on, snug & warm.*



HANSOM CAB photographed in London in 1895. (Smithsonian photo.)

*Then the downpour ceased,
To my sharp sad pain
And the glass that had screened
Our forms before
Flew up, & out she sprang to her door:
I should have kissed her if the rain
Had lasted a minute more.*

Thomas Hardy 1893

Update on 20-10-20 from
Barking Havering & Redbridge
Universities Trust

“Plasma donation to support our Covid-19 research

Since the first wave of the pandemic we have learnt an incredible amount and as with any new virus, sharing of best practice and research have been key in helping us find new treatments and new ways to improve care for patients.

Which is why I'm pleased we have been taking part in a ground-breaking national clinical trial whereby patients who are struggling to develop their own immune response receive the antibody-rich plasma of people who have survived the virus.

We have now treated nine patients with COVID convalescent plasma, which could slow or stop the virus spreading, potentially saving lives.

The plasma is being collected and supplied by NHS Blood and Transplant (NHSBT) and we are supporting their urgent call for people who have had coronavirus to donate plasma at their Stratford Donor Centre. Around 500 donations have been taken so far and more are needed urgently, so that if the trial confirms the benefits to patients, stocks can be made available for general use.

If you or your friends and loved ones have had confirmed coronavirus or the symptoms, you can volunteer to donate at www.nhsbt.nhs.uk. I do hope many of you will help support this vital trial.”