



MARCH 2019 Newsletter

HUBB's Annual General Meeting was held at Romford Baptist Church, & plenty of Members attended, making us quorate, as well as helping with the tidying up!

Trustee Reports for the year were given by Henry the Chair & Dinah the Secretary. Our Registrar Hazel & Treasurer Christine were unable to attend, but Keith took over the Register efficiently, & the Treasurer's Report was read for her. Gemma the Catering Supervisor gave an enthusiastic summary of her role.

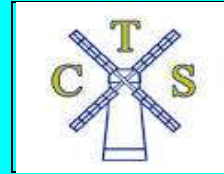
Lorraine had given her resignation earlier, & we thanked her in her absence for her contribution as B&D representative. We also thanked Hazel for hers as Registrar.

Mauteen, our latest & very busy Volunteer not only helped Gemma in the kitchen but also ran the **Election** for us.

We thanked Victor Bensilum for being HUBB's 'short-lister', & writing summaries of each application he received, In the absence of any other job applicants seen as suitable, all (except Lorraine) were standing again, & all were re-elected

HUBB's financial summary by Christine, with a list of those elected is on page 4, & all the Trustee reports or summaries are on HUBB's website.

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



HUBB

Newsletter

HUBB's Next Meeting will be on
Thursday 4th April
at a **NEW TIME**: from 4.0to 6.0pm
in the **LARGE** Lecture Room at the
YMCA Thames Gateway
29 Rush Green Rd RM7 0PH

Please do come, as Members are invited to decide whether to use this venue but at the new time in future, or return to the hall in Romford Baptist Church at the original time of 5-7pm .

As well as HUBB's Buffet & Raffle, our Speaker, Kristel, will run a Workshop for us to contribute our ideas- however wild!- to the new long-term Vision for Romford's future, shape & character called

Your-Romford.

Personal Safety & Transport are obvious areas for improvement, but *no idea is too far-fetched to be included!*

RACHEL MORRIS RIP

I am very sad to have to announce the death on Friday 22nd March, at her home, of Rachel, our former Chair & familiar HUBB member, supporter & good friend .

Funeral details will be given at the HUBB meeting, & a collection will be held to buy & send via Rachel's daughter Nicole a wreath from all of us. *Dinah Bryant*

Stay together, stay alert, to stay safe.

We learned, with dismay, about the fatal stabbing of Jodie Chesney in Harold Hill, shortly followed by another knife attack nearby. We stand with all our community to deplore this cruel violence & support every effort to understand & prevent it.

ANTI-DEPRESSANTS DO WORK!

The number of prescriptions for anti-depressants in England more than doubled between 2006 & 2016, to 64.7 million. This has led to a debate about how effective they really are.

Now a large analysis of published & unpublished clinical trials, reported in The Lancet, showed, according to lead researcher Dr Andrea Cipriani, of Oxford University, that
"The most commonly prescribed anti-depressants work for moderate to severe depression. I think this is very good news for patients & clinicians"

The Royal College of Psychiatrists said the study *"finally puts to bed the controversy on anti-depressants"*

However, the researchers also said that their findings applied to the first 8 weeks of treatment, & might not apply to longer – term use. And Dr Cipriani said it did not mean that drugs should always be the first form of treatment, when other options such as psychological therapies, were available.

They found the MOST effective anti-depressant drugs for MOST people were:

Agomelatine, mirtazapine, escitalopram, mirtazapine, & paroxetine.

The LEAST effective were:

Fluoxetine, fluvoxamine, reboxetine & trazodone.

(From bbc.co.uk/news/health 19-01-19)

BUT BEWARE LENGTHY WITHDRAWAL SYMPTOMS!

In October 2018 a report published in the Journal of Addictive Behaviours warned that *withdrawal* from anti-depressants is often more serious & also lasts much longer than the official NICE guidance of 2 weeks.

Dr James Davies of Roehampton University told The Guardian

"This new research reveals what many patients have known for years- that withdrawal from anti-depressants often causes severe, debilitating symptoms which can last for months, or longer." This particularly applies when anti-depressants are stopped abruptly.

Dr Davies added *"This leads many doctors to wrongly diagnose withdrawal symptoms as a relapse, resulting in much unnecessary & harmful long-term re-prescribing."*

The All Party Parliamentary Group for Prescribed Drug Dependence & NICE have both said they will now review the current guidance. (From The Times on 21-1-19)

Cherry Blossom



Loveliest of trees, the cherry now
Is hung with bloom along the bough,
And stands about the woodland ride
Wearing white for Eastertide

Now, of my three-score years & ten,
Twenty will not come again,
And take from seventy springs a score,
It only leaves me fifty more.

And since to look at things in bloom,
Fifty springs is little room,
About the woodlands I will go
To see the cherries hung with snow.

(AE Houseman, died 1936)

DRUGS? TRY BUBBLE WRAP INSTEAD!



Students at Bristol University are being offered Bubble Wrap to help soothe their nerves before (not during!) exams. It is part of a "Stress-relief" pack provided by the Student's Union.

The instructions say *"For immediate stress-relief, pop 3 capsules every 4-6 hours, or as needed"*

The Union spokesman said: *"We thought ...this would encourage people to take a break or brighten their day"*

But then some students became more stressed about the plastic Bubble Wrap's effect on the environment. So the Union issued a statement saying *"Sustainability is important to us, which is why the Bubble Wrap being offered is being re-used....."*

(From The Times on 21-1-19)

Alarm over the Mental Capacity (Amendment) Bill

The letter below from The Times of 22-1-19 was signed by representatives of 13 relevant charities, including Liberty, Mind, Alzheimers' Society, National Autistic Society, POhWer, Parkinson's UK, British Institute of Human Rights, Sense, & Voluntary Organisations Disability Group

"The bill would replace existing Deprivation of Liberty Safeguards (DOLS) with an entirely new, unfit system of protection.

Alarming it proposes to triple the time that people can be deprived of their liberty without any review (to 3 years), while not doing enough to ensure that all patients have access to independent & impartial Advocates.

It also creates a worrying conflict of interest for Care Home managers, giving them a greater role in the assessment process. Many vulnerable people will find

it hard to express their concerns to the very person providing them with care.

The result is a rushed, incomplete & unworkable system will replace one dysfunctional system with another."

The Government responded that they will exclude Care Home managers from granting Deprivation of Liberty authorisations & from completing patients' assessments. "This will ensure all applications are independently scrutinised"

[Sometimes it does pay to complain in public!]

WHAT's ON locally?

Sat 30th March , 10.0-4.0 Free
Easter Hat/Bonnet Decorating workshop
Romford Shopping Hall 43 Market Place

Sat 6th April, 11.0-3.0 Free
Live Music: Hollie B & the Rocketeers
Romford Market

OR Visit historic houses with exhibitions, gardens& cafes, entry free or inexpensive:

Valence House Museum , Becontree Ave.
Dagenham: Moated medieval manor house
0208-227-2034

Eastbury Manor House, Eastbury Square,
Barking, built 1573 (near Upney Stn) Nat
Trust

Rainham Hall, Rainham Broadway, Nat
Trust, Built 1729.Cadbury's Easter Egg
Hunt £3 each, 19th to 22nd April, 10.30 -4.0

Valentines Park & Mansion, Emerson Rd
Ilford .Built 1696, open 10.0-6.0, Georgian
& Victorian Kitchens, local Artists' shop.
(Gants Hill station)

SUMMARY OF TRUSTEE REPORTS TO YEAR ENDED 28-2-19 *by Henry & Dinah*

This year HUBB saw some changes as well as HUBB activities, including

The new General Data Protection Regulations (GDPR), requiring more security but also more openness about HUBB's documents

HUBB's first paid-for advert in the "bedrock" hospital radio magazine

The loss of our old contacts with Mental Health Advocates, now that referrals are required.

We took part in the Mental Health Awareness Events in Romford Market & at the YMCA, & represented HUBB at Havering Compact Forum, the Volunteering Conference & the Funding Fayre

Members contributed their lively views to the Independent Mental Health Act Review

In September the hunt began for a new meeting place when the Church coffee shop was created

We obtained a £500 donation from Romford Lions, & our first Funding Bid got as far as the final round in the Postcode Lottery.

We organised 12 monthly Meetings, 8 Speakers & 12 Newsletters.

AIMS Still to raise funds – esp to create a Mental Health Befriending Service - the Lottery Advisor's session last month confirmed that HUBB is eligible to apply- & to work towards Registered Charity status.

ELECTION RESULTS 2019

TRUSTEES

Chair	HENRY HILAIRE
Treasurer	CHRISTINE MALONEY
Secretary	DINAH BRYANT

COMMITTEE

Registrar	HAZEL RADFORD
Catering Supervisor	GEMMA BROWN

TREASURER' REPORT *by Christine*

We started off 2018 with a bank balance of £1296.00. Throughout the year we had many donations totalling £887.27 which included £500 from the Lions club. All received are appreciated

greatly, from the smallest £2.00 to a £100 donation. If anyone wants to donate they can do so on the website or by phone to 07985-983673 We start this year with a smaller budget of £567 in the bank. So we will need to begin fundraising & write some funding applications. Anyone with the relevant experience would be most welcome to help us.

Our biggest expense this year has been the rent. Last year we spent £488 on rent & this year just from renting this hall a few times we have paid £681 to date, so obviously we need to find a cheaper hall for our needs.

The next biggest expense is the printed newsletter, with the postage & the printing costs totalling £734.18. If people could provide an email address to receive the newsletter, this would save us a lot of cash. Email the Secretary on djwbset@ntlworld.com & we will arrange for the update.

Our current running expenses are £2,263 so we will need reduce costs or increase our income in the coming year. If people have other money-saving ideas please pass them on to either me, Dinah or Henry.

EXPENDITURE	
Web services	£55.66
Insurance	£201.60
Refreshments	£345.30
Postage	£437.68
Printing	£276.50
Rent	£681.00
Stationary	£10.04
Sundries	£185.39
Training	£70.00
	<u>£2,263.17</u>

INCOME	
Bank opening Balance	£1,296.00
Cash c/f	£130.47
Meeting fees	£537.52
Donations	£907.43
	£2,871.42
<u>Less</u>	
Bank c/f	£567.04
Cash c/f	£41.21
	<u>£2,263.17</u>

In Kind HR £2.00

Our THANKS to all HUBB's supporters!

I don't want be a lert or a ware: I'm
a loof, so I'd rather be a ccounf or
a ppear.....

Officers are joined by an NHS Mental Health Practitioner & are prioritised to attend calls relating to mental health.

Since the scheme was introduced there has been a decrease in the number of detentions under the Mental Health Act

[Good Luck to them! Havering, Barking & Dagenham have operated Street Triage schemes, with varying degrees of success, since at least 2016. Perhaps it's easier to find spare NHS Mental Health Practitioners in the City?]

We need to recruit the following as soon as possible:

- Deputy Chair,
- Newsletter Editor
- Two Representatives to take information (Posters/Events etc) to & from HUBB to Barking & Dagenham & to Havering

CARGOES

Quinquerime of Nineveh from distant Ophir
Rowing home to haven in sunny Palestine,
With a cargo of ivory,
And apes & peacocks.
Sandalwood, cedarwood, & sweet white wine

Stately Spanish galleon coming from the Ismus,
Dipping through the Tropics by the palm-green shores,
With a cargo of diamonds,
Emeralds, amethysts,
Topazes & cinnamon & gold moidores

Dirty British coaster with salt-caked smoke stack
Butting through the Channel in the mad March days,
With a cargo of Tyne coal,
Road-rail, pig-lead,
Firewood, iron-ware & cheap tin trays.

John Masefiel died 1967d

ACCORDING to BBC News on 13-2-19.
the City of London police have set up a
what they claim is a new scheme to
improve how officers respond to Mental Health incidents.

The Mental Health Street Triage system is designed to deliver fast & efficient access to care, & avoid unnecessary police detention for people in a mental health crisis.

