



Mental Health Support Group Helping Us Bounce Back

in Havering, Barking & Dagenham

Contact: Secretary on 07985-983673 or at djwbset@ntlworld.com



Hello HUBB Members & Friends!

We are trying to stay in touch with each other, as we are all having a strange December to end such a strange year.

First, we felt dismay about lockdown ending in “tiers”, & strict rules about “bubbles”, then hope turned to relief when the reports of Vaccines successes began (see chart, page 3). Then the Christmas lights came on – some in perfectly-timed snowfall - & on Monday 21st at 10.0 am we'll have the Winter Solstice- the shortest day of the year. Afterwards, hurray! - the days get gradually lighter & longer. For most of us, a rather untraditional Christmas (& no Carol Singers) will be followed by both a hopefully virus-beating New Year, & also (whisper it) by Brexit.....



“If December passes without snow, we indignantly demand to know what has become of our good, old-fashioned winters, & talk as if we had been cheated out of something we had bought & paid for.

*But when it **does** snow, our language is a disgrace to a Christian nation!”*

(Jerome K Jerome)



The Winter Solstice has been celebrated in cultures the world over for thousands of years. This start of the solar year was a celebration of Light and the rebirth of the Sun. In old Europe, it was known as Yule, from the Norse, Jul, meaning wheel.



(Photo by trucknet.com)

(Druids leading the celebrations of the 2015 Winter Solstice at Stonehenge, built over 4,000 years ago to ‘capture’ the sunset on the shortest day, in the gate-like trilithon of 3 huge stones.)

It is thought that the Winter Solstice was actually more important to the people who constructed Stonehenge than the Summer Solstice, as it was a time when most cattle were slaughtered (so they would not have to be fed during the winter) and the majority of wine and beer was finally fermented.

If that doesn't sound like a good time for a party, what does? A look into the origins of Christmas reveals its Pagan roots. Emperor Aurelian established December 25 as the birthday of the “Invincible Sun” in the third century as part of the Roman Winter Solstice celebrations.

Soon afterwards, in 273, the Christian church selected this day to represent the birthday of Jesus, and by 336, this Roman solar feast day was formally a Christian one.” (By Selena Scott, From Circle Sanctuary)



GUESS WHAT?

"A custom loathsome to the eye,
hateful to the nose, harmful to the brain,
dangerous to the lungs, & in the black,
stinking fume thereof nearest resembling
the horrible Stygian smoke of the Pit that
is bottomless"

(By King James 1 of England, in his treatise
'A Counterblast to Tobacco' published 1604,
held in Worcester Cathedral Library.)



(Dutch Pipe-smokers.com)

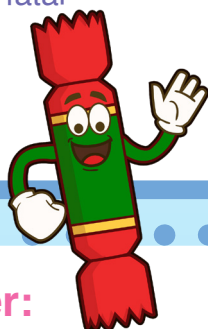
Tobacco had been popularized in England by
Sir Walter Raleigh in the late 1570s.
Raleigh, a some-time favourite of Queen Elizabeth
I, had a far more acrimonious relationship with her
successor, James. James blamed him for introduc-
ing the 'foul weed' into the royal court, as well as
deeply disliking him personally.
Not only would he denounce the practice
through his words, he would attack it in a far more
effective manner too: **with taxes** – £1 for every 3lbs
of tobacco imported was an
extortionate amount!.

What's worse than fag-ends?

If you are a dog owner stay vigilant and
make sure your pet doesn't attempt to play
with, or eat, a discarded face mask.

Vets and charities are seeing cases of
dogs mistaking them for food or toys and
needing emergency surgery to avoid fatal
consequences.

LBBD news November 2020



Christmas Cracker:

Q:What do you call a very old Snowman?

A: Water!



This year we're having a
stress-free Christmas.
I've stuffed the turkey full of Prozac!

LONELINESS is responsible for 18%
of depression among people over 50
in England, according to a new study
led by University College, London
(UCL) researchers.(10 Nov.20)

The researchers reviewed data from
4,211 participants of the English
Longitudinal Study of Ageing,
aged 52 and over, who had answered
questions at regular intervals over
a 12-year period about their
experiences of loneliness, social
engagement and social support,
as well as depressive symptoms
Senior author Dr Gemma Lewis
(UCL Psychiatry) said: "We found
that whether people considered
themselves to be lonely was a bigger
risk factor for depression than how
many social contacts and support they
had. The findings suggest that it's not
just spending time with other people that
matters but having meaningful
relationships and companionship."

Steve Rose, PhD, Addiction Counsellor, Wrote

I've come across many individuals who live in
the safest and most secure environments but
experience a great deal of despair. Because of
this, there must be something more important
than the need for safety and security.

***I believe the most important basic need is
our need to be needed.***

**"Those who have a 'why' to live
can bear with almost any 'how.'"**

(Viktor E. Frankl, Man's Search for Meaning)

HOW COVID HAS CHANGED ATTITUDES TO MENTAL HEALTH

- Conversations about mental illness have been 'normalised', with more adults willing to admit they are not coping'.

-We've seen people coming together, supporting each other through digital means & remote calls, We shouldn't lose that motivation to connect & support each other'

-Remote access to treatment for mental illness is easier than ever, & crucial for people finally admitting to not coping, when it is difficult or embarrassing to book an appointment in person.

-We're recognising the need to treat the cause, not the problem. As with physical health, early intervention is key, before a problem becomes unmanageable.

-Employers are taking more of an interest. We have seen many companies, whether in the commercial, not-for-profit or civil service sectors acknowledging the need to offer flexibilities to their staff, & we hear a lot of discussions around compassion & being kind to yourself. -Governments are taking action too. In April, the UK Government launched its Every Mind Matters campaign, collaborating with the Duke & Duchess of Cambridge to encourage people to look after their mental & physical wellbeing. And Local government is providing supportive information online & in leaflets mailed out to local people.

From article in Raconteur.net by Chris Stokel-Walker (freelance journalist), quoting Dr Antonis Kousoulis, Director for England & Wales at the Mental Health Foundation

Christmas Cracker:
*This is not Grey Hair.
I'm just growing Tinsel!*

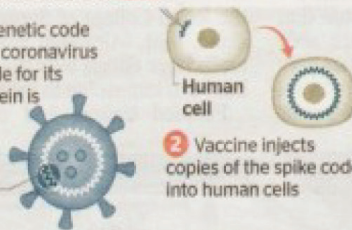
UK COVID-19 VACCINE SELECTION

The six vaccines bought by Britain

Pfizer (doses ordered: 40m)

1 The genetic code inside the coronavirus responsible for its spike protein is identified

Genetic code

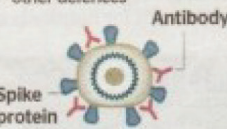


Human cell

2 Vaccine injects copies of the spike code into human cells

Type mRNA vaccine

3 Cells produce spike protein, training body to produce antibodies and other defences

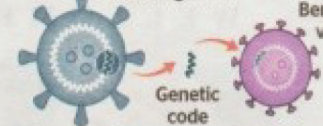


Spike protein

Antibody

Oxford/AstraZeneca (100m) and Janssen (30m)

1 The genetic code, that produces the 'spike protein' of the coronavirus is identified and is added to a different, benign virus

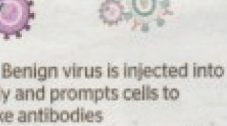


Genetic code

Benign virus

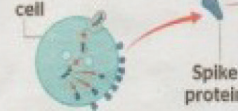
Type Adenovirus vaccine

2 Benign virus is injected into body and prompts cells to make antibodies



Novavax (60m) and GSK/ Sanofi Pasteur (60m)

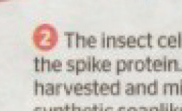
1 A virus is used to insert the genetic code that produces spike protein into the cell of an insect



Insect cell

Spike protein

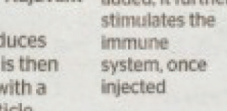
2 The insect cell produces the spike protein. This is then harvested and mixed with a synthetic soaplike particle



Synthetic particle

Type Protein subunit

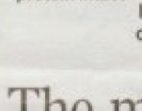
3 A third ingredient known as an adjuvant is added, it further stimulates the immune system, once injected



Adjuvant

Valneva (100m)

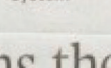
1 Coronavirus particles are inactivated (killed) using a chemical that keeps spike protein intact



Spike protein

Inactivated coronavirus

2 The 'dead' virus is then injected triggering a response from the immune system



Type Inactivated virus

The more options the better

Save your used stamps this Christmas!

"Recycling used postage stamps is such an easy way to raise money for the **Guide Dogs for the Blind charity**"

Please save any British, foreign & Christmas stamps, cut them from their envelopes, leaving approx. 1 cm margin around the stamp, & send them to

Myrna Chave PO Box 91, Virginia Water, Surrey, GU25 9AR or contact stamps4gdftb@live.co.uk

(From a letter in Romford Recorder on 6 Nov.2020)



The Invitation

Come down tomorrow night, & mind
Don't leave thy fiddle-bag behind.
We'll shake a leg & drink a cup
Of ale, to keep old Christmas up.

And let thy sister take thy arm,
The walk won't do her any harm:
There's no dirt now to spoil her frock
The ground's a-froze so hard's a rock.

You won't meet any strangers' face
But only neighbours of the place,
And Stowe, & Combe & two or three
From Uncle's up at Rookery.

And thou wilt find a rosey face
And pair of eyes as black as sloes,
The prettiest ones in all the place
- I'm sure I needn't tell thee whose.

We'll snap the tongs, we'll have a ball,
We'll shake the house, & lift the roof.
We'll romp & make the maidens squall
A-catching them at blind-man's bluff!

And every one shall tell his tale
And every one shall sing his song
And every one will drink his ale
To love & friendship, all night long!

William Barnes (1801 – 1886) from Dorset. As well as writing poems in the local West country accent, he was a polymath: teacher, writer, poet, philologist, priest, mathematician, engraving artist and inventor.

HUBB MEETINGS 2021



If Covid rules allow, we hope to hold a Happy New Year meeting on Thursday 14th January in Romford Baptist Church from 4.0 to 6.0pm.

If it is on, then you will receive an invitation by email, phone or post, whichever works for you, **by Jan 4th.**

If it's not possible, nobody will get an invitation, but we will let you know in the January Newsletter whether & where we can meet in February.

When we do meet we will have our Buffet & Raffle as usual, introduce some new members & may have a Speaker. We will also announce plans for our much-delayed Annual General Meeting.

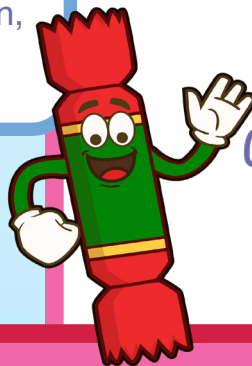
Social Distancing may still limit the number of members who can come, so we may have a 'lucky dip' for tickets. Masks will probably still have to be worn unless actually eating.

2021 is also the 30th anniversary of **HUBB's foundation** (in 1991 at Warley Hospital,) so your ideas for some celebrations next year are invited.

CHRISTMAS CRACKERS

*Who hides in a bakery?
A mince spr!*

*Christmas is a magical time.
it makes
all my money disappear!*



*Wishing YOU
& all HUBB Members & Friends
Comfort & Joy this Christmas.
& a Happy & Healthy 2021!*

