

MARCH 2020 Newsletter

PLEASE NOTE: Following Government advice about avoiding non-urgent Meetings during the current Coronavirus emergency, HUBB's Management Committee has agreed to **cancel the April 2nd HUBB Meeting** & postpone the AGM & all future meetings until further notice.

Updates will be provided in future Newsletters, which we will continue to publish.

We take this step for the safety of all our members, but especially for those who are most vulnerable to the infection. Information about protecting ourselves from the virus is on the back page of this Newsletter.

Hopefully we will all meet here again before long. In the meantime, do keep in touch with each other & offer help to any who need it, or contact Dinah, the Secretary, on 07985-983673

On March 5th we were pleased to welcome the Volunteer Co-ordinator for the Charity *Reconnections*, Daisy Cole, who gave us a lively & interactive talk about them.

She talked about Loneliness, & said that in the UK a month often goes by when thousands of people don't speak to another person at all, & that 1 in 5 people rely only on their TV for company.

She asked us to suggest how people can become so lonely, & we mentioned:

Poor Health, Fear of Crime, Bullying, Poverty, Bad Weather & the "Empty Nest" feeling when children have left home. But some members

said they preferred to be alone- provided they could meet people if they chose to. Daisy said, for those with no choice, aged 65+, a *Reconnections*' Volunteer will visit and/or phone them regularly, to chat or take them out to an activity they enjoy or share a hobby that interests them, & "help them rekindle their spark"

After about 6 months, they may remain in touch as friends but hope they are feeling confident enough to go out on their own sometimes.

Each Volunteer will be matched with a person's needs & interests, & can help the housebound as well as the able-bodied.

We know that loneliness can become depression & worse, so this is an important service, & members were invited to become Volunteers themselves. People can self-refer or we can suggest or help someone we know to make contact: For information on *Reconnections* contact 0207-050-6565 or BDH@ReconnectionsLocal.org

www.clapforourcarers.co.uk asks everyone to -

NHS "CLAP for OUR CARERS!" NHS

"During these unprecedented times, our **NHS STAFF** need to know that we are grateful for their ongoing hard work & fight against this virus

Please join in on 26th March at 8.opm with **big applause** from front doors, gardens, balconies, windows etc to show all Nurses, Doctors, GPs, Carers & Pharmacists our sincere appreciation and thanks.

Please **share this message** so we can make sure the word reaches everyone so that they can join in"



Residents in Italy applauding their own Health Workers on 16 March

GOOD NEWS-but not until next year (1)

People in debt will be offered a 60-day freeze (longer for those with Mental Health problems) on all debt interest & fees, & protection from bailiffs & prosecution, under a government scheme to start in 2021.

Council Tax arrears, Credit Cards & private loans will be included. Debtors must use the time to work with Debt Charities to help with their re-payment plans.

The Times on 6-2-20

Can't fill up your freezer?
Remember how our parents shopped
for one week's rations per person:



Help create services that work for you: The EAST LONDON CITIZENS' PANEL

Eight Councils & 12 health organisations including Havering, Barking & Dagenham & the rest of East London are working together to address the health needs of local residents.

Any resident over 16yrs who has an email address is invited to join the Panel, even if they are not using health services at the time. A balance of all communities, ages & backgrounds is wanted.

Panel members receive a short on-line survey every 4 to 6 weeks, asking questions about local health & care services. These

take about 20 mins to complete



You don't have to answer every survey, but every time you do, your feedback is used by decision-makers in

planning & improving local services.

You will receive regular updates to show how your feedback is being used.

All your personal data will be kept completely confidential, & you may leave the Panel at any time.

For more information, call 0203-688-230 or visit www.eastlondonhcp.nhs.uk

From the Panel's recent Newsletter:

"Mental health: North east London is one of 12 areas across England that has received funding to transform mental health services in line with the new Community Mental Health Framework and NHS Long Term Plan.

The idea is to support more people to look after their mental health where they live, by bringing together mental health services with GP practices, the voluntary sector, and community groups and activities. We will focus initially on inner east London with a view to rolling out across north east London."

Did you hear the one about John Travolta testing negative for the coronavirus?

It turns out it was just Saturday Night Fever.

Sarah Pascoe

IT'S NEVER TOO LATE!-

Hi all, I am Diane, a member of HUBB Support Group & a mature student of mental health issues, studying at Havering College. .

I fell into mental health studies by accident, when I noticed that someone I knew well could be having mental health problems, in spite of always saying they were "fine".

This worried me, as I feared their job might be at risk. I spoke to Dinah B about it. She helped me to take on this problem as a case-worker might do with a client, treating it seriously, observing the client's confidentiality, & writing up my case-notes.

Eventually I was able to get support for them from their employer, & I understand they are now doing well.

The experience fascinated me & I am now eager to learn more about mental health.

So I have also achieved some relevant qualifications from High Speed Training: - Mental Health Awareness, Safeguarding Vulnerable Adults, levels 1 & 2, Data Protection, Business Writing Skills, Preventing Radicalisation & Extremism, & Stress Awareness in the Workplace

Not bad for a 72-year old -eh!

I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it!

Emily Kelleher

GOOD NEWS - but not until next year(2)

People suffering mental health crises will be able to make use of 24-hour support across England by next year, NHS chiefs said yesterday.

Specialist crisis teams and expanded 111 telephone helplines, as well as mental health cafés or "safe haven" houses where people can go for help, will receive £200 million of national funding.

Sir Simon Stevens, NHS chief executive, said: *"The NHS is delivering on its pledge to improve mental health support, with every local health service now signed up to providing by 2021 a round-the-clock community mental health crisis service .*

"This means people will be able to self-refer in the same way they can for urgent physical healthcare. And it will also help relieve pressure on other emergency services including A&Es & the police.

The Times 5-March 2020

BLACKTHORN

The wind is cold, the Spring seems long a-waking;
The woods are brown & bare;
Yet this is March: soon April will be making
All things most sweet & fair.



See, even now, in hedge & thicket tangled,
One brave & cheering sight;
The leafless branches of the Blackthorn,
Spangled
With starry blossoms white!

By Cicely Mary Barker

CORONAVIRUS & CORVID-19

1.What is it? Coronanvirus is the name of a “respiratory pathogen” which includes the Common Cold & Influenza (‘Flu), as well as the new disease, Corvid-19.

2.The Difference between Symptoms:

Common Cold Runny Nose, Sore Throat, Cough, Sneezing, Watery eyes.
Symptoms appear gradually.

Flu Runny Nose, Sore Throat, Muscle & Head Aches, High Temperature, Cough, Shortness of Breath
Symptoms appear quickly.

Corvid-19 High Temperature, Feverish, New & constant Cough, Shortness of Breath
Symptoms usually appear within 14 days of contact with the infection.

3.Advice:

FOR all 3 illnesses: Keep your distance from others if possible. Avoid touching your face. Wash your hands thoroughly & frequently, always cover any cough or sneeze with a tissue – or your sleeve- NOT your hand. Dispose of the tissue safely.

FOR Flu :rest and sleep. keep warm. take paracetamol or ibuprofen to lower your temperature and treat aches and pains, drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

FOR Corvid-19: HOW TO PROTECT YOURSELF & YOUR FAMILY:

Current medical advice at 17-3-20

Wash your hands frequently – If you’ve been out in public, wash your hands with soap or detergent and hot water for 20 seconds when you get home.

You should also wash your hands before eating or handling food, and after you blow your nose, sneeze or cough.

Use a disposable tissue to catch coughs and sneezes – If you haven’t got a tissue, use the inside of your arm, rather than your hands. Throw used tissues in the bin straight away and then wash your hands.

Try not to touch your face unless you’ve just washed your hands – Easier said than done!

Avoid close contact with any sick people

If you feel unwell

If you have a high temperature (feel hot on your chest or back), or a new *persistent* cough, **don’t** go to your GP or pharmacy. Instead:

1. Stay at home & keep yourself separate from other people as much as you can (“self-isolate”) for 7 days.* Take Paracetamol, NOT Ibuprofen
2. If your symptoms get worse or you don’t feel better after 7 days, contact NHS 111 for advice. If you can, use the website, 111.nhs.uk rather than phoning.
3. Your Household members who remain well must stay in self isolation for 14 days, living & sleeping separate from you & each other as much as possible.

UK aid will fund a new international push to challenge **dangerous fake news** about coronavirus from 10-3-20:

Avoid daft ideas such as relying on Oregano Oil or drinking bleach!

Husband to wife outside supermarket:

“Why did you buy 36 Cans of baked beans?”

Wife: “Because that’s all they had!”

(After Matt’s cartoon , Daily Telegraph last week

