

## ***OCTOBER 2019 Newsletter***

Who or What is HUBB? See back page!

This month we all worked together at the monthly meeting to consider some ideas for HUBB's future, as previously agreed & listed by John H with Dinah B. After our discussions, 15 written responses were collected, including some group contributions.

These are to be reviewed by HUBB's Committee, & the conclusions & plans will be published in our November Newsletter.

Many thanks to all who took part & for your helpful comments.

One of these proposals is already happening: Lorriane B. has collected a huge range of information on activities, events & projects during October & November in & for Barking & Dagenham, led by Every One Every Day. ([www.weareeveryone.org](http://www.weareeveryone.org)) This will be the basis of HUBB's Local Information Pack for B&D residents leaving Goodmayes or Queens' Hospital.

Now we need to find any similar resources for Havering residents!



*barkinganddagenhampost.co.uk*

*The first decision the Committee agreed is that HUBB will postpone our January meeting until Thurs 9<sup>th</sup> Feb 2020, when we will hold a*

***FANCY DRESS NEW YEAR PARTY !***

*More details next month.*

*NB this means NO meeting on 2<sup>nd</sup> Jan 2020.*

### *"CHILDREN's Mental Health Help*

The UK's first specialist research centre for children's mental health will be set up with £10 million from the Wolfson Foundation Charity.

It will be based in Cardiff & work with global experts on preventing & "treating conditions such as eating disorders, anxiety & depression."

The Times 30-9-19

**HUBB's NEXT MEETING will be on  
Thursday 7<sup>th</sup> November  
From 4.0 to 6.0pm  
in the Lecture Room  
of the YMCA Thames Gateway  
at 29, Rush Green Road RM7 0PH  
(near Roneo Corner)**

**Lorraine B. will expand on the article  
about her help for the Homeless  
printed in the Barking & Dagenham  
Post on 23<sup>rd</sup> October**

**We will also look at working on those  
plans for HUBB which members  
preferred last month.**

## EVERY MIND MATTERS

"Anxiety, stress, low mood & trouble sleeping can affect anyone" said the Chief Executive of Public Health England.

So a new, free, self-help mental support questionnaire was launched on October 6th on the **Every Mind Matters website**, ([www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)) which is supported by the Princes William & Harry & their wives, Kate & Meghan. It was initially so popular that it crashed on October 7<sup>th</sup>!

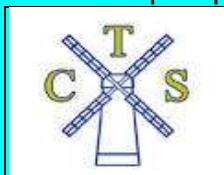
When Dinah B tried it, her answers generate a sensible personalised "mind plan" of tips "grounded in scientific evidence about improving mental wellbeing". This is not intended for severe mental health problems, but does have links to support organisations.

Let's all try it, it may at least nudge us into more helpful habits!

## HOWEVER-

It seems that self-help is being promoted to avoid the "worried well" accessing already stretched psychiatric services. The Royal College of Psychiatrists showed that the number of unfilled consultant psychiatry posts has doubled in 6 years. As the CEO of the charity Mind said, "With NHS services already struggling to cope with demand it is important to do whatever we can to stay well & try to prevent mental health problems developing in the first place"

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



HUBB

Newsletter

## HUBB members will be sad to learn of the death on Tuesday 15<sup>th</sup> October of NICK FERNANDES

after a long battle with cancer. He was much loved by family & friends & also a thoughtful member of HUBB.

In a future Newsletter we will include some of his interesting history, & -at his own request before he died- some of his knowledge & strong views about psychiatry & medication.

## "MENTAL HEALTH HELP, NOT PRISON

for some Female Offenders in London

Women who have committed "low level theft" & shop-lifting, etc will be referred to specialist Mental Health & Substance Abuse services

This is a pilot scheme aiming to stop reoffending & keep women close to their families, to make Rehabilitation simpler, because, as the Mayor's Office for Policing & Crime states, there is a lack of women's prisons in London.

The scheme will run for 2 years in Camden, Islington. Lambeth & Southwark.

Evening Standard 16-9-19

## BARKING, HAVERING & REDBRIDGE UNIVERSITY HOSPITALS TRUST

2018/2019 Annual Report Summary of latest Inspection Reports by the Care Quality Commission updated on 22/6/19:

**STANDARD:** G= Good

RI= Requires Improvement

TOPIC	QUEEN'S	KING GEORGE
Safe	RI	RI
Effective	G	RI
Caring	G	G
Responsive	RI	RI
Well-led	RI	RI
Overall	RI	RI

News of BHRUHT's Remedial Action awaited!

## TEA? BUT WE BRITS ALWAYS KNEW THIS!

From The Independent by **Chelsea Ritschel**

Monday 16 September 2019

Tea-drinkers may enjoy benefits (apart from caffeine boosters and relaxation,) because researchers believe drinking tea could also be good for your brain.

According to a new study by the National University of Singapore (NUS), regular tea drinkers have better organised brain regions compared to non-tea drinkers.

Better organised brain regions are associated with healthy cognitive function, which protects against age-related decline.

To study the benefits of drinking tea, NUS researchers, in collaboration with the University of Essex and University of Cambridge, analysed neuroimaging data of 36 older adults aged 60 or above.

In addition to tea consumption, researchers also analysed factors about participants such as health, lifestyle and psychological well-being.



The findings, published in the scientific journal *Aging*, found that participants who consumed either green, oolong or black tea at least four times a week for about 25 years had brain regions that were “interconnected in a more efficient way” than those who did not drink tea.

**Q. What game do Monsters play at Halloween?**

**A. Hide & Shriek!**

My dog used to chase people on a bike a lot.

It got so bad, I finally had to take his bike away.

*Boom! Boom!*

## DOGS in Distress

Did you know that, as The Metro reported on 20<sup>th</sup> October, “*almost a million British dogs are suffering from mental health disorders*”?



They may have depression, anxiety & panic attacks, but their owners often think they are simply attention seeking.

Dog behaviourist & trainer Louise Glazebrook says “*It’s always important to understand the cause rather than simply believing they are being naughty*”

The top causes are being left alone too much, abuse from former owners, the loss of a companion (human or animal) & loud noises.

Louise says “*Dogs need routine & company to thrive.*”

Rover.com, a dog-sitter organising website said: “It’s a great shame that some pubs still ban dogs. There’s nothing dog-owning Brits love more than a walk with their furry friend, followed by a visit to the local pub.”

[BUT hops are toxic to dogs: don’t give them beer!]

### WHO or WHAT is HUBB?

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

*We meet once a month for Friendship, Refreshments, Visiting Speakers, a Raffle, & Encouragement, in a 'Safe Place' to share Experiences.*

Join us on the 1st Thursday of every month, from 4.0 to 6.0pm in the Lecture Room at YMCA Thames Gateway, 29 Rush Green Rd. RN7 0PH (near Roneo Corner). Entry is £2.

*We also produce a Monthly Newsletter, we join in relevant public Events & respond to select local & national Consultations*

### The PAIN REMOVER

A woman she was  
from warmer climes

More used than us  
to happy times.

A dark skinned woman  
of joyful tongue,

Always laughing  
Always fun.

From poorer parts,  
no social climber,

A carnival of smiles-  
A real good-timer.

A great dancer,  
A rhythmic mover.

One hundred percent  
A Pain Remover.

( By Brian Harrigan  
From the Mind Poetry Book 2002)

### What's On locally in November 2019?

#### HAVERING

Remembrance events throughout the borough at 11.0am on **Fri 8<sup>th</sup> & Sun 10<sup>th</sup>**

**Sun.5<sup>th</sup>** from 5.0pm St Mary's PTA Fireworks Night, St Mary's Primary school, Hornchurch Rd RM12 4 TL

**Sat 2<sup>nd</sup> - Sun 3<sup>rd</sup>**, Essex Food & Gift Show 10am-5pm Brentwood Centre, Doddinghurst Rd CM15 9NN Live reindeer, music, stalls, entertainment.

BOOK at [essexfestivalshow.co.uk](http://essexfestivalshow.co.uk)

**Sat 9<sup>th</sup>: 2.0-11.0pm, Sun.10<sup>th</sup>: 1.0 – 8.0pm** Fireworks & Funfair, Harrow Lodge Park Hornchurch RM11 1JU FREE

**Sat 14<sup>th</sup>**: Romford Christmas Lights switch on, 4.30-6.30pm, Market Place, with music, Queen's Theatre Panto preview, Firework finale. FREE

**Sat.14<sup>th</sup>** The Magic Within : Show at MyPlace 343, Dagnam Park Drive, 6.30-10.0pm. Songs& music, nibbles & raffle

#### BARKING & DAGENHAM

**Fri. 1<sup>st</sup>**, 12 – 4.0pm International Soul Food Festival, Barking Learning Centre, 2 Town Square, Barking. Stalls, culture, talks on Asian, Caribbean & African foods, plus Arts & crafts, dance & poetry Includes Black History Month fest.

**Sun.3<sup>rd</sup>**, Celebrate Guy Fawkes' story re-enacted 11.30, 1.0 & 2.30 (45 mins), at Eastbury Manor House, Barking IG11 9SN, £5. Goes with a bang!

**Fri 8<sup>th</sup>-Sat 9<sup>th</sup>** Glow Winter Lights Festival "Illusion" at Eastbury Manor House. from 5.0pm Booking needed.

**Fri 8<sup>th</sup> & Sun 20<sup>th</sup>** 11.0am- 1.0p Barking War memorial Remembrance Memorial Services.

**Thurs 20<sup>th</sup> - Sat 30<sup>th</sup>** Adventure in Pantoland Ripple Centre Barking, 7.30pm & Sat. 3.0pm Barking Music & Drama's 40<sup>th</sup> Anniversary Tickets £8 to £10 Call 07375-039936