



NEWSLETTER November 2020

Mental Health Support Group Helping Us Bounce Back

in Havering, Barking & Dagenham

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**Who or What is HUBB?
See back page!**

Just as we feared:

no HUBB Meeting this November.
It seems this is the month of
Cancellations : **No** Trick or Treating,
No Firework events, **No** Remembrance
Sunday marches, **No** Diwali, **November!**
And this time, "lockdown" is harder
for many of us because the darker
evenings & colder days make being
outdoors much less attractive.
So thank goodness we can still phone
or email our HUBB friends.

WHY LOCKDOWN?

'Inconvenient, anti-social, un-British'?

- All expressions of frustration with
Lockdown no 2, but there is, alas, good
reason for it:

In Barking & Dagenham & in Havering,
numbers of Covid-19 cases of residents
in hospital were higher this month than
just before Lockdown no 1.

In fact, Havering's are now higher than
figures for England as a whole.

(Havering: 264.7 cases per 100,000 of the
population compared with
England at 239.7, London at 149.7, B&D now
at 197.7)

So, as the new vaccine isn't available yet, &
the 'flu season is upon us, we must take all
the precautions seriously.

This may be the only way to bring down
the case numbers & avoid an extension to
Lockdown just before Christmas.

**BUT now, there is a promise of escape:
the dramatic news of the first vaccine
capable of preventing 90% protection
against the Covid 19 virus.**

Developed by a German-Turkish couple in
partnership with the US pharmaceutical
company Pfizer, the vaccine still awaits final
safety trials, & we do not yet know how long
the immunity lasts or whether the virus will
mutate, as the 'flu virus does.

But the NHS is already making plans to
distribute it to priority cases here, free, by
Christmas.



Image AP Photos/Ted S Warren

And there are other promising vaccines in
development, so at least they may provide
new ways to keep us safe.

If you can't beat them, join them!

*'Nina Ambrose, 49, was devastated when
coronavirus restrictions prevented her from
visiting her father Roger, 77, who moved into
Manor Lodge care home, in Chelmsford, in
January. He has had Alzheimer's disease for 12
years and his health has declined more
severely in the last six months.*

*So Nina took up a volunteer role in the care
home as an activities and events coordinator
after she was furloughed from her job in
cosmetics in April. So she was able to see her
father every week.*

*Nina said: 'Without this my mental health
would absolutely have suffered during
lockdown.'*

From The Metro, 9-11-20

SAD NEWS

Gemma Brown, our hardworking catering manager, has told us the sad news that her father died of Covid-19 in hospital earlier this month.

We have spoken with her & sent a card with our sympathy for her, for her daughter Ruby & her mother, (both of whom are now self-isolating), & for all her family, & will send flowers from all of us at HUBB to the funeral in Marks Tey on 27th November (Family only may attend.)

“Special Care Homes for elderly people recovering from Covid-19 are being set up to prevent the virus sweeping through nursing facilities as it did earlier this year. “It appears that then the virus was brought in by visitors, by staff moving between their different work places, & by patients who were discharged into care homes from hospitals without being tested. Now, following recommendations from the Care Quality Commission & Healthwatch B&D, extra protection & medical support will be provided in these new facilities.

There will be one in Redbridge & one in Havering to take people from these boroughs and from Barking & Dagenham who test positive when they leave hospital.

By Rachel Burford in the
Romford Recorder 13-11-20



Have another cup of tea & an apple!

High blood pressure is related to heart disease, responsible for over a quarter of all adult deaths in the UK. The usual advice is to increase uptake of the “Mediterranean diet”: green veg. fish & olive oil, whose key ingredients are called Flavenols. In a typical British diet these are mainly found in tea & apples.

Led by the Professor of nutritional epidemiology at Reading University, researchers found that the 10% of people who consumed the most Flavenols – about 4 or 5 cups of tea a day- had lower blood pressure than those who consumed the least.

Red wine & black chocolate also contain Flavenols, but their health benefit was offset by the alcohol, fat & sugar they contain.

Another senior nutritionist said this was “a great step forward to a better understanding of diet & disease”

So tea & an apple a day really might keep the doctor away!

Study published in Scientific Reports, quoted in The Times 22-10-20

Did you know eating Chocolate makes your clothes shrink?!

**When the power of Love
overcomes
the love of Power,
the world will be at peace**
From Carla Dekkers



Three more ways to control our Blood Sugar Levels:

1. Avoid eating a bedtime snack
2. Don't drink black coffee before breakfast
3. Exercise before breakfast- but take a 10 minute walk after our main meals

PROTECTION FROM HARM

Another helpful development aims to support people in extreme mental distress, in particular to protect them from coming to harm on the railways in our area.

Rachel Luby, named Royal College of Nursing's Mental Health Nurse of the Year 2019, has experience in psychiatric intensive care, forensics & crisis service. She will patrol all Greater Anglia stations in East London, including London Liverpool St, Stratford & Romford, to support distressed individuals & also "to educate people so that they feel able to intervene" if someone puts themselves or others at risk.

So she will work not only with station staff & the emergency services, but also with the general travelling public.

"Research shows extreme mental distress is often temporary, & if people have access to the right support at the right time, they can recover from such a crisis.

Suicide affects not only the individual but has ripples affecting family, friends, colleagues & witnesses & the emergency services" she said.

This is a joint initiative by Network Rail, & East London NHS Foundation Trust to promote access to services & information on preventative care measures to protect people's mental health.

Rachel Luby said *"Mental Health is something we should all be able to talk about & not to feel embarrassed or ashamed to ask for help"*

The Romford Recorder on 6-11-20

DEPRESSED? HAVE A MUSHROOM!

Who remembers magic mushrooms?



Well, they are back! Several small pharmaceutical companies are conducting clinical trials of the use of LSD to help people with depression. Some recent academic studies suggest that psychedelics can help people move on from ingrained patterns of negative thinking. With Compass Pathways, a 4 year old business started by George Goldsmith & Ekaterina Malievskaia, a married couple based in London, treatment requires patients to : "trip" on a synthetic version of psilocybin, the active ingredient of magic mushrooms, for between 6-8 hours under the eye of a trained therapist, & receive follow-up therapy sessions. According to their business filing with the US Financial Regulator, their process could produce "rapid reductions in depression symptoms & effects lasting for up to 6months."

If they pass the European & UK regulators, they may start to offer treatments by 2025.

From The Times Business section 20-10-20



Announced on FRIDAY 13TH !

Our COVID Marshals will patrol areas in Havering where we have received the most concerns about non-compliance with the national restrictions we are all obliged to follow. This includes smaller shopping parades, outside schools, around transport hubs and in our parks. The Marshals will work with Council officers and the Police to encourage people to do their bit and help slow the spread of COVID-19. This is particularly important at this moment as **Havering has the highest rate of COVID-19 infection in the whole of London.**

Damian White, Leader, Havering Council

Residents of Barking and Dagenham will see new Covid Marshals patrolling areas with high footfall, providing guidance and reassurance across the borough.

Officers, wearing highly visible Covid Marshal jackets, are already patrolling the borough's streets to offer guidance and advice to businesses and residents on staying safe, obeying the rules and acting responsibly during the pandemic, including providing information on social distancing and the wearing of face coverings.

The Marshals will also support the council's enforcement officers with:

- Monitoring numbers visiting businesses to ensure social distancing
- Ensuring signage is visible and correctly positioned in business premises
- Managing queues in public spaces
- Explaining coronavirus restrictions in detail to people
- Distributing public information material and guidance where appropriate and directed by the council.

Barking & Dagenham Council Newsletter

**Beware Fake coronavirus marshals !
They have no formal powers and do not
have the right to enter anyone's home.**

Taboo!

One bliss for which
There is no match
Is when you itch
To up & scratch.

Yet doctors & dowagers deprecate scratching,
Society ranks it with spitting & snatching,
And medical circles consistently hold
That scratching's as wicked as feeding a cold.
Hell's flame burns unquenched 'neath how
many a stocking

On account of - to scratch in a salon is
shocking!

'Neath tile or thatch
That man is rich
Who has a scratch
For every itch.

By OGDEN NASH 1902-1971

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 .