

## HUBB Newsletter JUNE 2020

Who or What is HUBB? See back page!

Hello again, fellow HUBB Members & Friends! Well, whatever is happening to "Flaming June"? We had a "Flaming May" instead, - the UK's driest & sunniest May since records began. But we were all in "Lockdown", unable to go out & enjoy it!

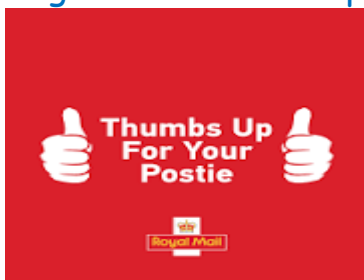


Now the weather seems to be back to a normally damp English Summer, - but the virus infection risk remains.

Although "Lockdown" is now more flexible, life is not yet back to normal for most of us.

And for those without access to a computer or at least a mobile phone, life must be bleak & even dangerous. Now we don't even go out to 'Clap for the NHS' together any more.

So thank goodness for the postmen



& women who still keep us connected!

HUBB has also missed being able to mark *Mental Health Awareness Week* (18-24 May), *Volunteers' Week*, (1-7 June), *UK Carers' Week* (8-14<sup>th</sup> June). & *Learning Disabilities Week* (15-21 June)

Hopefully some of us were able to celebrate all those people, & contact any we know to encourage them, as Friendship & Kindness are the themes this year.

### WHAT'S NEW?

From 15<sup>th</sup> June, most *shops* may



open, as well as *places of worship*, & even *dentists* – there's a queue for all of them.

Churches are open for private prayer only, not for congregations yet. (One Vicar in the USA is said to be firing Holy Water at his flock outside with a water pistol!)

But we are warned to continue to be alert & practice social distancing, which won't be easy unless everyone does. The sight of protesters crowding together on London streets is enough to keep many of us indoors. Adults are still at risk from the Virus if they are vulnerable, careless or just unlucky.

Stay Safe!

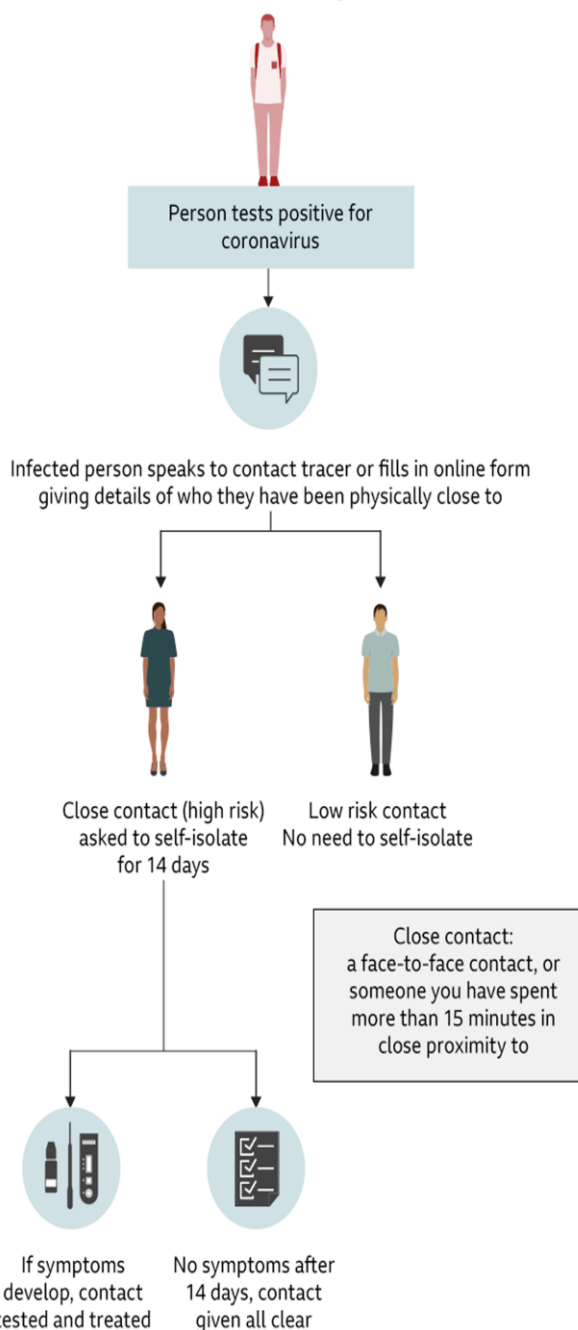
HUBB is grateful to KallKwik, Romford, for 'helping to keep Romford open for business' & printing our Newsletters during the 'lockdown'.

## TEST & TRACE

-started in England on 28th May, to follow the trail of CoronaVirus infections.

Anyone in England with **coronavirus symptoms** must start to self-isolate for 7 days & **get a test**. If it's positive you'll be contacted by text, email or phone and asked to complete a form or log on to the **NHS Test and Trace** website. You must then complete your 7 days of self-isolation. Your details will not be shared with any contacts who are traced.

### How manual contact tracing works



**PRINCE WILLIAM** has been trained & is privately working as a volunteer on the 'Shout' Mental Health crisis helpline.

So we may believe him when he said during an online church service on 24th of May : *"Mental Health is an issue Catherine & I care passionately about, & we are determined to do all we can to remove the stigma attached to it..... Whether people have lost or are worrying about loved ones, struggling with isolating at home, feeling anxious about job security or working on the 'front line' – now more than ever it is important that we talk to one another about issues we are struggling with.*

*Connecting with someone & finding the words to open up can be a life-changing step. And it is OK to not feel OK*

*I understand that some people will be worried about burdening others in the midst of this crisis, - but they should not be afraid to start a conversation. Your mental health is just as important as your physical health, & as worthy of attention."*

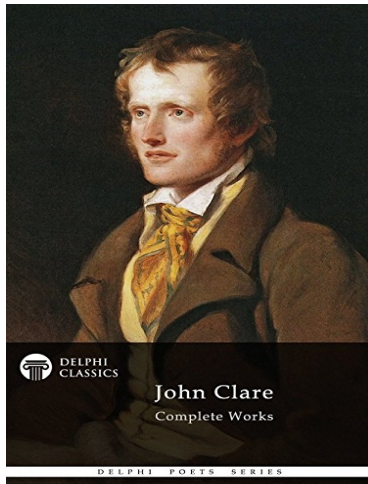
Speaking in a virtual meeting with England rugby hero Jonny Wilkinson and other UK sporting legends, Prince William described this as a *"unique opportunity"* to bring positive changes with regards to how mental health is discussed in the sporting world.

He said *"Through the Heads Up campaign, the football community has come together to do its part in driving lasting change by encouraging people to open up about their mental wellbeing, at the same time as embedding a mentally healthy culture across the sport,"*

Many people in the meeting opened up about their own mental health and how maintaining their mental wellbeing has helped them in their sporting careers.

The Independent & The Sunday Times 24-5-20

## John Clare



We should celebrate the author of 'Spring Morning', the poem in our May 2020 Newsletter

because of what he achieved despite being 'Certified Insane' aged 48.

"There is a charm in Solitude that cheers  
A feeling that the world knows nothing of  
A green delight the wounded mind endears  
After the hustling world is broken off"

John Clare, John Clare: Selected Poetry and Prose

His parents were uneducated farm labourers & he started work aged 7. He not only experienced poverty & limited education but also the loss of his first love, & later the loss of his home & the countryside he wrote about to the 'Enclosures Act' (the selling & fencing in of previous common land, for development.)

Nevertheless, he was able to write scores of uniquely observant & heartfelt poems, becoming famous in London as the 'peasant poet,' before his readers changed their tastes. With very little income, 6 children & an aged father to keep, he became seriously depressed, took to drink & started hallucinating.

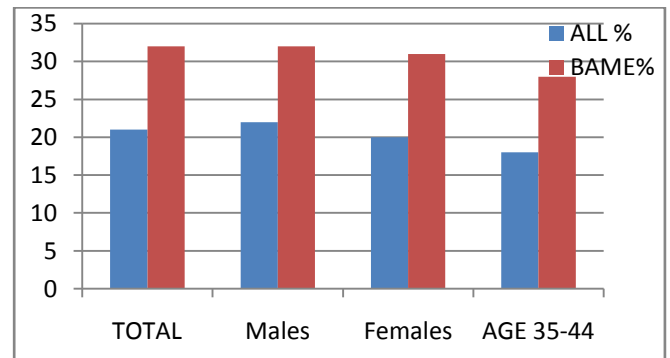
But he continued writing before & during his confinement to an asylum at High Beech, Essex, & later to Northampton Asylum, where he died aged 61.

'False news' is not a new problem! As he wrote:  
'Yet simple souls, their faith it knows no stint:  
Things least to be believed are most preferred.  
All counterfeits, as from truth's sacred mint,  
Are readily believed if once put down in print'

John Clare 1793 -1864

## What we are missing?

Research by nfpSynergy in April 2020 into **Volunteering in the UK** between November 2019 & January 2020 9 (ie before the Corona-19 'lockdown') compares the proportion of people from BAME backgrounds (Black, Asian & Ethnic Minorities) with the proportion of the general public.



The results show that 53% of all those questioned said they had volunteered at that time, & the majority, 32%, were of BAME backgrounds. Most of these supported work for children & young people, but a third helped health & medical charities. Most of all the volunteers were under 50 years old.

This suggests that unlike some other charities, HUBB is not reaching a lot of people who might benefit from - & contribute to,- our membership .

We already know HUBB's membership is overwhelmingly white & middle-aged - or older.

We need to use our lockdown time to consider how we can reach & attract a wider range of residents with some experience of mental health problems, both as members & onto our Committee. Your comments & ideas are invited!

Some people call these grey hairs:  
I call them Stress highlights!

G. Bockland 2014



### 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.

**WHEN WE ARE ABLE TO MEET AGAIN: -**  
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. **Next meeting to be announced in advance in the Monthly HUBB Newsletter, sent to all members.**

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 . JOIN US SOON!

### IN PURSUIT OF ROSE

When in pursuit of a Rose  
just follow your nose.

Who knows where a nose may lead?

But each Rose has a thorn,  
and noses get torn  
if a Rose should oppose what you need;

And a prick up the nose  
one has to suppose  
is not what the sniffer desired.

One must be discreet  
in pursuit of the 'Sweet' –  
To be subtle is what is required!

SIMON WRIGHT  
Mind Poetry Book 2002

### PSYCHOLOGICAL FIRST AID TRAINING

Nurses and other key staff at the forefront of the coronavirus response in England are being offered training in "*psychological first aid*" to help them look after their own mental health and that of others during the pandemic.

The programme was announced today by **mental health minister Nadine Dorries**, a former nurse who in March became



the first MP in Westminster to test positive for the virus

The government recognised the impact the coronavirus outbreak continued to have on the mental health of both staff working as part of the response and the wider public who may have lost loved ones or are struggling in isolation.

The free online course has been developed by Public Health England and will be available from today for frontline workers and volunteers who deal with people affected by Covid-19.

Announcing the course, Ms Dorries stressed that supporting one another's mental health and wellbeing was "more important than ever during these challenging and uncertain times"

"Our training course aims to provide frontline staff and volunteers with additional resources on how to take care of their own mental health and wellbeing, how to provide support to those who need it most and advice on how to cope with difficult situations," she said.

From the Nursing Times 15-6-20

LET'S TAKE CARE OF OURSELVES - &  
REMEMBER TO PHONE EACHOTHER!