

HUBB Newsletter **JULY 2020**

Who or What is HUBB? See back page!

So, this is the month we are **Free at last!** Free to get our hair cut, go to the seaside, the cafe', the non-food shops. But not yet to the cinema or the indoor swimming pool, not to sing in church or shake hands with old friends.

We must still wear a mask on the bus, & now in shops, & still keep our distance in the queue & the park

So not entirely free because we are still not free of the risk of catching or spreading the Corvid-19 virus.

This means we are not yet able to hold a proper HUBB meeting indoors.

But we are thinking of meeting in a local park as soon as possible. We would be 'Socially-distanced' & with fruit juice & biscuits instead of a full HUBB buffet. The Bandstand in



Romford Recorder .co.uk

Raphael's Park (above, just up the road from Romford Baptist Church) would keep us dry if it rained.
More information in August News.

Anyone who is still **“Shielding”** may meet up to 6 people outdoors, until **1st August, when all Shielding rules will end.** But as they are still considered 'extremely clinically vulnerable' they must continue to keep the 2 metres apart rule.

However, they will no longer be automatically entitled to Statutory Sick Pay

TV Licences from 31 July cost £157.50 (£3 week). For those aged over 75 they are no longer free **UNLESS** you are on Pension Credit. Yet 4 in 10 of those who are eligible for this do not claim it. To check your eligibility contact Age UK on 0800-678-1602.

SCHOOLCHILDREN “ARE BORED WITH TALKING ABOUT CORONAVIRUS”

Many teachers say that children have asked for schooling that is as normal as possible, rather than dwelling on the pandemic.

One teacher said: “We had a whole personal, social & health education recovery programme planned- & abandoned after a couple of weeks. The best medicine is to....make things as normal as possible”. One head said “The children are fine but some of the parents are really struggling with mental health issues”

The Times 6-7-20

**In the end it'll be OK
If it's not OK, it's not the end**

Kaira Shahi

"Many small places do many small things that can alter the face of the world." Small places Blog, Lucy Series

'The Grandma Benches of Zimbabwe.

This Documentary described a big problem that seems to have a practical effective & affordable solution.

Zimbabwe has a huge mental health challenge caused by problems in health, money, marriage, jobs & violence.

About one in 4 of its 14 million population is affected, but the country has only one psychiatrist, Dr Dixon Chibanda.

He created a system, -using public benches instead of consulting rooms, & offering basic therapy training to older women, -the Grannies, - that has started to tackle the problem.

Grannies have experience. People trust their wisdom. Grannies are used to listening.

When, after Dr Chibanda's basic training, they sit on a bench & someone sits down with them, their first question is "Would you like to tell your story to me?"

The focus then becomes the specific problem, with the Grannies guiding the guest through the rudimentary stages of cognitive therapy. They listen, then help people understand the steps to change what's bothering them.

The Grannies receive a small wage, but aren't allowed to give cash help.

"Recovery is possible" says Dr Chibanda. His system has been adopted in New York City & in London.!

"Why doesn't he use Grandpas?"

"They're not used to listening", said the Doctor, who clearly is.'

Reported by Kim Chakanetsa for a documentary on BBC World Service, 30-6-20, reviewed in Sunday Times on 5-7-20

CORVID-19? I was asymptomatic, so I didn't get the major symptoms everyone else got," said IDRIS ELBA
"Mentally, it hit me very bad, because a lot was unknown about it. I felt very compelled to speak about it, just because it was such an unknown.
"So the mental impact of that on both myself and my wife was pretty traumatic."
"I needed the lockdown to try to get over it," Elba said. "And it turns out the world actually probably needed the lockdown



The 47-year-old star appeared to suggest an annual

quarantine during an interview with the *Associated Press*, where he is quoted as saying: "You know, everyone's sort of feeling the way we have been feeling, but it has definitely been sort of just a complete upheaval. "I think that the world should take a week of quarantine every year just to remember this time. Remember each other. I really do. "I think it's... other species use it. It's called hibernation. But it does remind you that the world doesn't tick on your time."

Reported in Radio Times March 2020 & The Independent July 2020

**"What comes easy won't last long.
What lasts long won't be easy....."**
lifeZofficial



FOOD FOR THOUGHT

Probiotics (eg Yoghurt) either taken by themselves or when combined with **prebiotics**, (eg Bananas) may help to **ease depression**, suggests a review of the available evidence. *(Foods that support helpful bacteria in the gut are collectively known as probiotics) while prebiotics are compounds that help these bacteria to flourish.)*

In the UK in 2016-17, 1.4 million people were referred with mental health issues, over half of them (53%) had anxiety or stress related disorders, while a third (33%) had depression.

A two-way relationship exists between the brain and digestive tract, known as *the gut-brain axis*. And the possibility that the *microbiome* -- the range and number of bacteria resident in the gut -- might help treat mental ill health has become a focus of interest in recent years.



The studies varied considerably in their design, methods used, and clinical considerations, but all of them concluded that probiotic supplements either alone or in combination with prebiotics may be linked to measurable reductions in depression.

And every study showed a significant fall or improvement in anxiety symptoms and/or clinically relevant changes in biochemical measures of anxiety and/or depression with probiotic or combined pre-probiotic use.

The researchers highlight several caveats to their review: none of the included studies lasted very long; and the number of participants in each was small.

This makes it difficult to draw any firm conclusions about the overall effects, whether they are long lasting, and whether there might be any unwanted side effects associated with prolonged use, they say.

Nevertheless on the basis of the preliminary evidence to date, pre- and probiotic therapy warrant further investigation, they suggest

Published in *BMJ Nutrition Prevention & Health* dated 6-7-20

WEARING MASKS WITH SPECTACLES -
- Anyone who wears tries this will realise that it can cause steamy lenses. The best prevention is a well-fitting mask with a wire nose bridge that fits snugly to your face and stops air escaping upwards.



The Sun
Newspaper 14-7-20

A helpful TIP from the The Royal College of Surgeons is to wash your glasses in soapy water, covering the whole lens and either letting them air-dry or gently drying them off with a microfibre cloth. This leaves a thin surfactant layer on the lens, which should help to prevent the lens from fogging up, although it doesn't work on all lens types.

You can also try folding a tissue and placing it across the bridge of your nose inside the mask to absorb the air coming up. From [which.co.uk/news/2020/07/5-tips-for-avoiding-common-face-mask-problem](https://www.which.co.uk/news/2020/07/5-tips-for-avoiding-common-face-mask-problem)

BENEFIT CLAIMS in 2020

The DWP official statistics show that there has been a decline in claims for PIP (Personal Independence Payment) since April 2020 because of the pandemic. This has led to emergency procedures to process claims in order to reduce the risk to claimants. New claims for PIP cannot be backdated, so potential claimants should not delay.

But there was a large rise in claims for Universal Credit between April & May 2020, & total numbers of those on UC rose from 4.2 million to 5.2 million.

www.socialwelfaretraining.co.uk July 2020

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!**

WHAT's ON locally despite Corvid-19?

All council plans are subject to change if the infection risk level changes.

LIBRARIES: All Havering libraries are open from **22 July**, but with limited hours , socially-distanced, & only for books- no study spaces or groups yet.

Barking & Dagenham libraries will open on the **1st September**.

MARKETS: From **mid-July** Romford Market opens on Mon, Wed & Sundays, initially for food stalls, with others opening later. Social-distancing rules apply.

Sadly, Dagenham RiverRd market has **closed permanently**, due to impossibility to impose social distancing there. Some traders may move to Romford Market.

SUMMER SHOWS: All council-led festivals in both Havering & Barking & Dagenham **have been cancelled** this year.

Barking Learning Centre hopes to host the Pentoprint Readfest speakers from **8th September**, starting with the naturalist Chris Packham.: *Check nearer the time.*

LOVE IS

A delicate little vibration

Or an explosive crash that rocks the whole nation

Love is the parsley sprig poised n a fancy meal

Love can cause tears when you don't know what you feel

Love yearns for the best

But poses more questions than a GCSE test

It softens, creams, cuddles, Hardens, fizzes, bubbles

Love is an illness that we all set out to catch

Yet it would make your granddad a billionaire if he could sell it by the batch

Love is the crowning gene in our DNA strands

Love is serious stuff, keep it safe, in locked hands.

By 'Peter', from Talking Heads collection, B&D Leisure Services & NELFT, 2005