

## *HUBB Newsletter MAY 2020.*

Who or What is HUBB? See back page!

It's Merry, Merry May! It's a pity we couldn't all dance round a Maypole this year (-I remember doing that at school!),



or have a May Queen, go cheese-rolling, watch the Green Man battling the Spirit of Winter,



or join in the Furry dance through the streets of Helston, Cornwall. But we can still go outside on Thursdays to clap for our NHS & other devoted workers. And on the 8<sup>th</sup> May, we could all raise a glass to celebrate & remember the war-time sacrifices which made the 75<sup>th</sup>

*Anniversary of Victory in Europe Day possible. In our road families put out flags & bunting & celebrated with Vera Lynn on the radio. Mind you, some of us were old enough to remember the first VE Day!*

*But many of us are also going through our own struggles against this new Virus, & for some of us the isolation & worry is damaging our mental health.*

*Please see page 2 for help with this.*

**Just in time, we can all focus on KINDNESS**

The topic for UK's *Mental Health Awareness Week 18-24 May 2020*



Kindness comes in all shapes & sizes, from the people making Personal Protection equipment for the NHS at home, to the child who phones their Granny to have a chat. Kindness will get us through this!

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

## NHS Every Mind Matters

### 10 Ideas for Coping with Corvid-19 Stress

1 Stay connected with people we trust, phone them, wave at them through the window, even send them a postcard. Human contact is a basic need.

2 Talk about our worries.  
If not with friends, then call one of the Helplines (below) to open up about our fears and anxiety. Share our feelings: that's what the help is there for.

3 Support & help others where you can.  
Home-schooling, home cooking, keeping our distance when outside & helping others to do this, writing for this Newsletter! – help us all to cope.

4 Prepare & manage our essentials  
Organise our supply of food & to our money, make our home-space cosy, know who to contact in an emergency. All this will help reduce our stress.

5 Look after our physical health.  
Watch what we eat, do some exercise- even housework counts!- create a routine & keep regular hours



6 Avoid scams & false alarms  
Stick to official facts & treatments, don't let dramatic headlines or rumours frighten us, & don't listen to too much Corvid-related news. Avoid offers of amazing miracle cures!

7 Do something we enjoy, or try something new, even challenging - gardening, a quiz, singing, pottery? This helps us stay positive

8 Focus on Now, not the past or the uncertain future. This helps us relax.

9 Try to get a good night's sleep.  
Regular hours, even if we are not going to work, no mobiles or TV in the bedroom, & a comfortable temperature. Good night!

10 Remember: we are all entitled to support for our Mental or Physical Health.  
Don't feel guilty or fearful about asking for advice or help about any medical worry, just because of the Coronavirus situation.

***Samaritans:** Call 116-123, free phone, any time, for help in crisis or despair.*

***GP:** Write down what to say & the support to ask for, to avoid being rushed or flustered.*

*Text **'Shout'** to 855258 in a crisis or for urgent help, eg suicidal thoughts, abuse, self-harm, assault etc.*

***Saneline:** Information & support to those with MH problems & those who support them. Call 0300-304-7000*

***Mind Infoline:** confidential mental health information. Call 0300-123-3393 or email [info@mind.org.uk](mailto:info@mind.org.uk)*

### SOME GOOD NEWS!

Senior staff at Barking & Dagenham FE College are using their 3D printer & technical equipment to design & make safety face shields for Care Home staff & GPs. (Personal Protective Equipment)

They have invited local organisations which could benefit to contact them at

[Paul.Schofield@bdc.ac.uk](mailto:Paul.Schofield@bdc.ac.uk)

From the Barking & Dagenham Post May 2020

From a What's On Advert in the Romford Recorder on 8<sup>th</sup> May 2020  
page 28 for GIANT BOOT SALE  
"All sanitation has been upgraded and staff will be on toilets all day"

## MORE GOOD NEWS

Some people just can't wait to get back to work:

“Love Island” Stars

Malin Anderson (2016) has returned to work in palliative care with the elderly,

Dr Alex George (2018) has gone back to work at Lewisham Hospital.

Anna Vakili (2019) has returned to her job as a Pharmacist.

And

TV's “This Morning” Doctor Ranj Singh has returned to paediatric emergency surgery.

MP Dr Rosena Allin-Khan (Shadow Minister for Mental Health) also works part-time in A&E

Ex-MP Karen Lee has returned to her nursing post in Lincoln County Hospital.

Sophie, Countess of Wessex has been helping prepare food for NHS staff at Frimley Park Hospital

And elsewhere:

HRH Princess Sophia of Sweden is now to be found working (after 3 days' basic training) as a Healthcare Assistant in Stockholm.

From Metro.co.uk & others



Outside a church in Hornchurch, photo by Diane S.

## But not everyone could work:

By 22 April 2020, 3 million people were claiming Universal Credit, half of them since social distancing measures were introduced in March.

In addition, about 1 million people have been “furloughed” or laid off, with 80% of their wages paid out of taxes.

This followed a record level in February of people who were actually in work, 33.1 million, making the sudden loss of jobs & income in the country seem even more dramatic.

(Based on The Times of 22-4-20)

### LIFTING the LOCKDOWN- Gradually!

Some people in England who cannot work from home are returning to their workplaces today, (13<sup>th</sup> May) as the government begins easing some lockdown measures.

The government urged people to avoid public transport if possible.

But some commuters said trains and buses were still too busy to observe social distancing rules.

Under the new rules in England, people can now spend more time outside and move house.

Garden centres can reopen and sports that are physically distanced - such as golf - are now permitted.

Two people from different households can meet in outdoor settings, such as parks, as long as they stay more than 2m apart.

However, government guidance on maintaining a 2m distance, avoiding public transport and wearing face coverings in enclosed spaces is “not enforceable” by officers in England, according to the fresh guidelines from the College of Policing.

From the bbc.co.uk



### 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 there is 6<sup>th</sup> Feb.**

We also produce a Monthly **Newsletter**, we 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 .



SPRING

MORNING

The Spring comes in with all her hues & smells,  
In freshness breathing over hills & dells;  
O'er woods where May her gorgeous drapery flings,  
And meads washed fragrant by their laughing springs.  
Fresh are new opened flowers, untouched & free  
From the bold rifling of the amorous bee.  
The happy time of singing birds is come,  
And Love's lone pilgrimage now finds a home.  
Among the mossy oaks now coos the dove,  
And the hoarse crow finds softer notes for love.  
The foxes play around their dens, & bark  
In joy's excess, mid woodland shadows dark.  
The flowers join lips below; the leaves above;  
And every sound that meets the ear is Love.

JOHN CLARE 1793-1864

### The HOPE fence



Matt Long erected this fence outside his home in Leicester, with the heading "When this is over I'm looking forward to...."

& invited anyone to share their hopes & wishes – 200 people so far have done so!

Matt said his own hope is  
"Have a pint in the pub"

From the BBC website on 6<sup>th</sup> May.

*Wishing all HUBB members, their families & friends Good Health -& the Patience to wait for the day when we can meet & chat & eat together again!*

DJB

### Things we didn't know:

"VIRUS": a Latin word used by doctors meaning "Your guess is as good as mine!"