



## AUGUST 2019 Newsletter

**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, Information, Refreshments, Visiting Speakers, a Buffet, 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, join in relevant public Events & respond to select local & national Consultations.

**NEXT MEETING 5<sup>th</sup> September**  
**Details on Page 2.**

*"No Health without Mental Health".*  
On a warm Thursday, August 1st we heard this familiar motto from our speaker, **VEERPAL SANDHU**, (see photo) a **pharmacist** based at the Well Pharmacy in Marks Gate:

Veerpal works with clients from Havering, Barking & Dagenham, on a mental health project (involving 70% of her customers) providing physical checks, & mental health coaching & support, as well as checking & issuing prescriptions.

She may check whether clients are still taking their medication or not coping well with the many side effects. She & her colleagues may also help with form-

filling, contacting GPs or accessing counselling or even safeguarding support.

Veerpal noted that Mental Illness used to be a *taboo* subject, but people are nowadays more open about it. And they trust her because she is attentive & calm whatever their behaviour. Some even burst into tears when in her private room, because they feel "accepted" at last.

In her experience, clients gain 20% benefit from their medication, but 80% from friends or family support, so loneliness can be dangerous.



Photo by DS.

Veerpal said really being listened to is therapeutic, & she was glad that she was able to treat clients in ways GPs rarely could, because she did not have the same time constraints

Asked about Alternative Therapies, Veerpal said she could not refer to any which were not officially NHS registered.

Many members were envious of her service, & pleased that she said any of them could attend her pharmacy in Marks Gate. She added that many 'Well' Pharmacies share "Buddy Pharmacists" with similar training between them.

**Her work phone: 0208-590-0215**

**HUBB's NEXT MEETING** will be on  
Thursday 5<sup>th</sup> September  
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)

**Our Speaker will be  
Adam Penkul**

He will talk about his experience of  
debilitating childhood and adolescent  
anxiety and shyness, which developed  
into body dysmorphia.

In 2018 Adam completed his training as a  
therapist.

He will share with us what he learned  
about self-directed care on his journey  
and how recovery may be a path to self-  
discovery.

### **ADVERTISING- HERE?**

HUBB's Committee has been asked to  
consider inviting offers from local  
services to place their Adverts in this  
Newsletter, for a fee still to be decided.  
This could pay for printing extra pages.  
**What are your' views on this, please?**

**Tell HUBB's Secretary on 07985-983673**

***"Mental illness and hatred pulls  
the trigger, not the gun."***

So said President Donald Trump. In an  
address to the US people, he blamed  
mental illness for two recent back-to-  
back shootings in El Paso, Texas, and  
Dayton, Ohio, that left 31 people dead  
and dozens injured

Arthur C Evans Jr, CEO of the American  
Psychological Association responded:

*"As we psychological scientists have  
said repeatedly, the overwhelming  
majority of people with mental illness  
are not violent."*

*Based on the research, we know only  
that a history of violence is the single  
best predictor of who will commit future  
violence. And access to more guns, and  
deadlier guns, means more lives lost."*

Evans called on US lawmakers to pass  
gun restrictions, including a limit on  
civilians' access to assault weapons and  
high capacity magazines.

(The US is home to half of all the 650m  
civilian-owned guns in the world, despite  
having just 5% of the world population,  
according to an analysis by Adam  
Lankford, criminology professor at the  
University of Alabama.)

**From The Guardian on 6-8-19**

**We are sad to report the death of  
Robert (Bob) Humphries**



**on 29th July in Queens Hospital,  
Romford.**

**Bob was one of the founder  
members of HUBB & served on the  
Committee. He had been ill for some  
time. His friends are trying to trace  
any interested relatives. (Anyone  
with information please call Dinah on  
07985-983673)**

**His funeral is likely to be low-key, so  
HUBB will hold a Wake for him in  
September**

## SHOCKING TREATMENT!

**"A handheld instrument that delivers mild electric shocks can relax people who have suffered for years with anxiety, a ground-breaking NHS trial suggests"**

"The results surprised researchers. Improvements were felt by 63% of those in the trial, & lasted after 24 weeks, 12 weeks without using the device. Its effectiveness was comparable to that of CBT" (Cognitive Behavioural Therapy).  
Richard Morris, Prof. of Psychiatry at Nottingham University's MindTech Centre, said "it was more effective than we expected. As well as anxiety, there were improvements in depression & insomnia"

**NICE is to provide guidance for its use in the NHS. It costs about £600, & could be rented to patients for about £70., saving about £540 compared to existing treatments"**

*From The Sunday Times on 26-5-19*

*The Manufacturers of this device write:*

The Alpha-Stim® AID may be all you need to alleviate a psychological condition, such as anxiety, insomnia or depression. Using CES (Cranial Electrotherapy Stimulation) primarily, this device concentrates on creating relief by calming and relaxing the body, through tiny electric currents applied through earclips. The treatment is non-invasive, drug-free, and can be used in conjunction with most other treatments.

*(From the distributor, tower-health.co.uk)*



*The Alpha-Stim AID*

A version of the device has also been shown to be effective in some pain relief.

A patient wrote: *"I have seen 2 psychiatrists & 5 counsellors. I have tried antidepressants & cocktails of drugs to help with the diagnosis of post-traumatic stress disorder, anxiety & chronic clinical depression (after an attempted rape). The Alpha-Stim has led to more change than I had expected.... not "cured" but hope that I might enjoy life a little bit more" now.*

## GOOD NEWS!( eventually)



**The NHS plans to recruit 600 more social workers into mental health services by 2023-24 to help it deliver its long-term plan.**

The majority of these posts (360) are due to be in adult mental health and community care services, while 170 social workers would be recruited to work with children and young people, and 70 allocated to support services for people who are homeless.

An NHS England spokesperson said social workers would be a "key staff group" in these services and would be working in "new and improved models of community-based care".

*From www.communitycare.co.uk on 7-8-19*



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



HUBB

Newsletter

HUBB member, Sam Finlay has submitted her painting of Rachel Morris, late HUBB member & friend



to the Havering Association for People with Disabilities (HAD) Art Group Exhibition, in Queens' Theatre Cafe ,Hornchurch,where you can see it from 4<sup>th</sup>-18<sup>th</sup> Sept

### TIME

An old man stands outside his old  
shop like a shack  
Where he sells his time pieces  
Wall clocks  
Wrist watches  
Any piece of time.

He is old & his time is probably up  
It can't be put back.  
Maybe in some other time & place  
Time won't matter any more.

*By Pat Kirk from 'Stepney Words'  
(Poems by local children aged 11 to 15)*

### WHAT'S ON in HAVERING in September

**Weds 4<sup>th</sup> - 18<sup>th</sup>** Art Exhibition of Havering People with Disabilities (HAD) Group's work, in Queen's Theatre cafe, Hornchurch RM11 1QT FREE

**Sat 7<sup>th</sup>** Harold Hill Festival, Central Park, Gooshayes Drive RM3 9LB from 11.30am,K9 Dog Show at 2.0pm. 3 stages with Youth & Jazz bands, School Choir, Food stalls, Rides etc. FREE

**Sat 7<sup>th</sup>** Craft Beer Festival, 12-5.0 in Romford Market Place. Snacks, Music & mini fun-fair. Prosecco also available. FREE

**Fri.13<sup>th</sup>** "Spirit of the Blitz" 1940s music & sing-a-long, Queens Theatre, Hornchurch, £14.65

**Sat 21<sup>st</sup>** Toy Fair, antique & collectors' items, 9.0 - 6.0, N Romford Community Centre, 32 Clockhouse Lane

**Sun 29<sup>th</sup>** Antiques Fair at Langtons House, 9.30-3.0, £2.50 or £3.50.

### WHAT'S On in BARKING & DAGENHAM

**Sat 7<sup>th</sup>** Wild Food & Medicinal Plant walk, East End Country Park, Millenium Visitor Centre The Chase RM7. 10.30- 12.0 FREE  
Call Ranger Gareth Winn 0208-227-2332

**Sun 22<sup>nd</sup>** Youth Parade, 2.0-5.0pm "to celebrate the borough's most inspirational young people," with music, workshops, snacks, rides & entertainment. FREE