

SEPTEMBER 2019 HUBB Newsletter

Who or What is HUBB? See back page!

At our meeting on 5th September, although our Speaker ADAM PENKUL told us this was his first presentation, he was well-prepared with a laptop to refer to, & a valuable personal story to share.

He described his early years, when he was desperately shy & anxious, isolating himself in his bedroom & later being bullied at school; his parents' inability to help him, & his eventual diagnosis, aged 19, of Body Dysmorphia.

(This is obsessively thinking that there are defects or flaws in your body or appearance - which other people do not notice - but which makes you feel so ashamed & distressed that you avoid social situations, & may become seriously isolated & depressed, even suicidal.)



Adam at HUBB. Photo by DS

Adam was prescribed Cognitive Behavioural Therapy, which did not work for him, & he tried Buddhism. Eventually, when "everything felt impossible" he decided to "save myself".

This, he said, is "an ongoing experiment." He started to examine all his actions & feelings for whether they were positive or negative, & to avoid the negative ones. Exercise & nature seemed to be positive, computer games & the daily news were often not.

He became aware that "Our Body is our Home" & must be respected.

He reviewed the effect on him of his relationships, old & new, from babyhood, & learned to forgive others - & himself- for faults & weaknesses. He practices Mindfulness, being aware that "Here & Now is Precious".

Adam's story will have a happy ending: After trying to study full-time at University twice, he successfully completed 2 part-time degrees in Psychology, & now hopes to help other people suffering similar distress.

HUBB's NEXT MEETING will be on
Thursday 3rd October
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)

This month we will have a Q&A session, with time to discuss your ideas for HUBB's purpose & future, as well as just to chat, for a change!

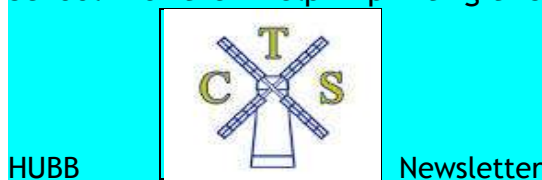
WORLD MENTAL HEALTH DAY 1
HAVERING HALF-MARATHON 2019
To coincide with World Mental Health events, Havering MIND is holding this run **on Sunday, 6th October, from 8.0am to 12.30pm.**

1500 people are taking part, starting & finishing at Abbs Cross Sports Centre, Abbs Cross Lane, Hornchurch.

Charities are invited to promote their work to the hundreds of spectators expected.

HUBB posters will be provided at the 3RD October HUBB Meeting for anyone to distribute who plans to attend – or to run!

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



WORLD MENTAL HEALTH DAY 2.
The Newham Clinical Commissioning Group including Havering, Barking & Dagenham is holding an Event:
“Promoting Good Mental Health”

at Highway Church Hall
88a Romford Rd Stratford, London E15 4EH, between 11.0 am & 3.0pm
on Thursday 10th October
With FREE Lunch & Raffle Open to all

"When the goldenrod is yellow,
And leaves are turning brown -
Reluctantly the summer goes
In a cloud of thistledown.

When squirrels are harvesting
And birds in flight appear -
By these autumn signs we know
September days are here."

- Beverly Ashour, September

“Superpowered” Greta

The environmental activist & schoolgirl

Greta

Thunberg, wrote on social media recently, “*I have Asperger’s & that means I’m sometimes a bit different from the norm.*”



And - given the right circumstances - being different is a superpower”

Greta ‘s diagnosis was Asperger syndrome, Obsessive Compulsive Disorder & Selective Mutism [Only speaking when she considers it necessary]

She wrote, “*Before I started school striking [about Climate Change] I had no energy, no friends & I didn’t speak to anyone. I just sat at home alone with an eating disorder.*” She added “*All that is gone now, since I found a meaning in a world that sometimes seems meaningless to so many people*”

Greta has been seriously abused in public by those in the USA who don’t believe in climate change, & called “*An adult-exploited empty-headed child who is ignorant, maniacal & being mercilessly exploited by people funded by President Putin*”.

Despite this, her message is being treated seriously by British & French politicians & the Pope, by the World Economic Forum, & now by millions of striking schoolchildren, who are pointing out that their generation will be the victims of any climate changes caused by current politicians.

Aspergers can indeed be a Superpower!

From The Times on 2-9-2019

SERTRALINE: the good & the bad news

The largest independent trial among patients taking the most commonly prescribed Antidepressant, Sertraline, found no evidence that it relieved their Depression after 6 weeks. (About 7.3 million people in England are prescribed it every year)



Although this shocked the

researchers, they do not want GPs to change stop prescribing it, as the trial also showed that Setraline *is effective* in reducing Anxiety., which helped the patients to feel better.

Professor Azeem Majeed of Imperial College , London said before doctors expand the use of Antidepressants there should be better support for non-drug related interventions [eg talking Therapies].

Symptoms of Depression include prolonged low mood, hopelessness, lack of energy, poor concentration, low self-esteem & trouble with sleep. Symptoms of Anxiety include worry, tension, nervousness, poor appetite, irritability & restlessness.

From [www.nursingpractice .com](http://www.nursingpractice.com) & www.telegraph.co.uk of 19-9-19

Q. Is it true that an apple a day keeps the doctor away?

A. Only if you aim it well enough !

FIVE points about taking PAINKILLERS

"1.If you have been prescribed Opioid drugs such as codeine, tramadol or morphine for short-term pain (such as after an operation), or a life-threatening illness, they are likely to help you. However, if you are taking them long-term (12 weeks or more) for problems like back pain or arthritis, be aware that there is very little evidence that they will work well, & lots to show they cause harm. Especially if you are on very high doses (eg 90 mg morphine daily)."

2."If you are still in pain despite taking high doses of opioids, they are not working. You & your GP should plan to reduce them & consider an alternative "

3. "If you have started taking a prescribed drug such as 200 mg codeine or 20mg morphine daily, & you don't get any pain relief in the first few weeks, you probably never will. So don't be tempted to take ever higher doses of stronger drugs."

4. "Be aware of & report any side-effects"

5."Take meds for the right reasons". It is not appropriate to take opioids to "numb" the depression which often accompanies long-term pain.

10 mg morphine = 67mg tramadol = 100 mg codeine. Strongest are diamorphine & fentanyl.

If you are taking any of these long-term, NHS guidance states the dose should be reviewed at least every 6 months.

By Dr Mark Porter in The Times 3-9-19

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.

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

"DoH FINES INNOCENT PATIENTS"

MPs demand action over 1.7 million fines wrongly issued to patients in England visiting their GP or dentist.

They said the one-page form patients must complete needed a 24 page handbook to explain it! Vulnerable people seemed to be pursued instead of real fraudsters.

The Dept of Health promised to introduce extra checks so that people can prove they are exempt from paying for their treatment.

www.bbc.co.uk/news/20-9-19

SEPTEMBER SONG

Oh, it's a long, long while from May to December
But the days grow short when you reach September
When the autumn weather turns the leaves to flame
One hasn't got time for the waiting game
Oh, the days dwindle down to a precious few
September, November
And these few precious days I'll spend with you-
These precious days I'll spend - with you.
Songwriters: Kurt Weill / Maxwell Anderson

New 497 Bus Route is promised to start this year between Harold Wood station to Hilldene Avenue via St Clement's Avenue & the Polyclinic, says TFL.

What's On in October 2019 Havering

Havering Museum Events: £5

19-21 Romford High St. 01708-766571

Thurs.10th Haunted Royal Palace 7.0-8.30pm

Sat 12th Police Heroes of Essex

Sat 26th Halloween event 1.0 - 3.30pm

Leonora Dori Galigia - a 17th century Shewolf, by Dr Ian Browne

Halloween Family Disco **Sat 26th**, 6.0-8.0pm
Harold Hill Community Centre, Gooshays Drive RM3 9LB Fancy Dress competition, games & spooky Halloween disco.
Adults £2.50, children £7

Barking & Dagenham

Ageing Well: FREE Programme for the over 60s at various venues in Barking, Dagenham & Chadwell Heath
from **30th Sept to 4th Oct.**

Including Dancing, Zumba, Bowls, Yoga, Snooker, Darts, Arts & Crafts, Self defence, Knit & natter & Bingo!

For Times & places call 0208-215-3000

Legal Advice Wm Bellamy Children's Centre, Frizlands Lane, RM10 7HX
Fri 4th, 10-12.30

Legal & Benefits Advice

Mon 14th 9.30-4.30

(FREE, Booking required for either day)

Poetry Group, Barking Learning Centre

Weds 9th & 23rd 1.0-3.0pm FREE

Computer Training Workshops FREE

Barking Learning Centre on

Thurs.17th :7-8.0pm. **Sun 20th**: 12.0 - 1.0 &

Mon.21st: 10.0-12.