

Mental Health  Support Group

Helping Us Bounce Back in Havering, Barking & Dagenham

Contacts: Vice Chair at ecofriendlyangel62@gmail.com or Secretary on 07985-983673 or www.hubb.org.uk

AUGUST 2017 NEWSLETTER

Many thanks to Lesley Davey, Tesco's Community Officer, for providing some 'Use-by' supplies for HUBB's buffet. Also to Beverly for helping Marcus in the kitchen while Gemma is on holiday.

This month our Speaker was DON TAIT, a local historian, who treated us to stories about the early days of Harold Hill & Noak Hill (= Oak Hill), illustrated with some of his collection of old photos.

The earliest event mentioned was a visit by the diarist, Samuel Pepys, to the moated Dagnam Manor in Noak Hill in 1665 to arrange a wedding between 2 local noble families associated with his job as Secretary to the Admiralty (& to avoid the Plague in London.)

Noak Hill & Harold Hill were rural, farming areas, formed into estates attached to manor houses until about 1919, when tenant farmers were allowed to buy their fields. One, Mark Otley, had 3 farms & 11 children to help run them. In 1905, a dairy herd was brought by train from Scotland & herded by road from Harold Wood Station to Gooshayes Farmhouse. As late as 1950 there were only 200 residents in Harold Hill, & milk was still delivered from Noak Hill Farm by cart to the villagers.

In 1925 Eastern Avenue was made, & when the buses started, the driver often did the locals' shopping in Romford & delivered it to their houses. The butcher's

wife was then the handy local Midwife. When The Old Plough pub was built at



Gallows Corner (once a notorious area for Highwaymen), some locals would get dressed up & go there just to watch the traffic!

(Continues on Page 4 : Prefabs & Elephants)
Henry led the applause & thanked Don for his fascinating stories

FOOTBALL- A WINNING THERAPY!



According to the Autumn edition of BeHealthy magazine, 'Regular football sessions can have a direct positive impact on the lives of people with mental health conditions such as schizophrenia & bi-polar disorder.' Since December 2015, Abertay University has worked on a project with NHS Tayside & NHS Fife offering organised 5-a-side & walking football sessions, even to people who are 'acutely ill & in hospital'. They compete in Scottish mental health football leagues, which is 'life-changing' & a big motivator for them, including improved fitness & relationships, & a feeling of peer support from their teammates
(Info. at www.abertay.ac.uk)

A big Thank You again to CorbetsTey School for their help in printing this



.....HUBB

Newsletter.....

STREET TRIAGE in the City of London

This service, where Mental Health or other social workers accompany police to emergency calls involving vulnerable or mentally ill people, was described in a talk to HUBB members in July 2015, when it was introduced in Havering, & later in Barking & Dagenham

City Workers - who usually live outside the 'Square Mile' where they work - have one of the highest suicide rates in England & Wales, possibly because of the highly competitive, high pressure & long hours of their work.

City of London police say Street Triage will now be introduced there *'to create a better understanding of mental health for police & enable them to seek specialist advice, so better judgements can be made on the street about patient care'*. According to East London NHS Trust, *'It should 'help vulnerable individuals feel calm, safe & reduce the number of people in crisis needing to be taken to places of safety for assessment'*.

[A review of this service in Havering, or B&D is still awaited. It would be interesting to hear from any HUBB Member who has experience of Street Triage here.]

Renting privately? Help is coming!

The Government, says the Housing & Planning Minister, wants to **'fix the broken housing market'**. Supported by the British Property Federation & the Royal Institute of Chartered Surveyors, **they plan to make renting in the private sector more available & more secure.**

Planning rules may be changed to encourage councils & developers to use a Build to Rent scheme for **new homes to rent**, not just convert existing properties into flats.

Landlords may also have to offer **tenancies for 3 years**, not just one, 'to make renting more family friendly'. [Would this help you?]

"Only borrow money from a pessimist: he won't expect it back" (Oscar Wilde)

"ONLY THE LONELY.." MEN IN SHEDS

Two ideas are helping lonely & depressed men, (who are notoriously reluctant to ask for help) to find support.

Age UK is funding **Men in Sheds** groups to help older & isolated men get together to learn DIY & woodworking skills,



where they find it easier to open up to each other about their feelings, & feel supported.

Meanwhile, **'The Lions Barber Collective'** trains barbers to recognise when their customers might be struggling alone.

A survey carried out by the wonderfully named 'The Bluebeards Revenge' grooming brand found that over 50% of British men felt more comfortable discussing mental health with their barber than with their Doctor.....

As reported in The Times on 14-8-17

COME & ENJOY HUBB'S September Meeting

Thursday 7th, 5.0 to 7.0pm, Romford Baptist Church Hall, Main Rd Romford, when we hope our Speaker will be DR JOANNA MONCRIEFF

As Senior Clinical Lecturer in Psychiatry at University College London, she researches & writes about all aspects of psychiatric drug treatment. Happily, she also works for NELFT!

People who have memory problems, are vulnerable or have dementia, may be open to **miss-selling** by pushy salespeople. Emma Bould of the Alzheimers Society says organisations & businesses have a duty to ensure staff are aware of the Mental Capacity Act 2005 [*try asking them!*] & the impact that reduced mental capacity might have on a customer.

It is best practice to have a **no-quibbles refund policy** if it becomes apparent that someone has bought something when they were vulnerable.



(It does happen: Dinah remembers when, as a mental health advocate, she had to intervene with solicitors when a very confused client who did not realise what he was doing was persuaded to sign a document to actually buy a house in Brentwood!)

Ruby Wax, the comedian who has spoken frankly about her mental health problems, has set up a network of 'Frazzled Cafes' in which people recovering from mental illnesses share their experiences. Now her daughters Marina & Maddy are in Show Business too. Called 'Siblings', a comedy duo they are currently performing at the Edinburgh Festival.

They were quoted on 17-7-17 in The Times newspaper saying that their parents "*made their childhood so normal*", & their father made sure there was no stigma about their mother's illness, so that the whole family could talk about it naturally. "*Mental health has never, ever been a taboo in our household*"

GRIM STATISTICS of ABUSE in the NHS

Sane, the mental health charity estimates that quarter of people in Britain will experience a mental health problem every year. Of these, the NHS says 103,027 people spent time in 'specialist mental health treatment' in 2015/16.

But are they all getting help? Figures obtained by Freedom of Information requests reveal over 5,000 'serious incidents' last year, including: 371 suicides, 2,170 incidents of self-harm, & **199 cases of abuse of patients (up from 106 in 2014/15)**.

Norman Lamb, the former Lib Dem health minister said that force was used "far too much" in mental health treatment. He added "The system is under intolerable strain & it show that we're not providing enough resources to good, preventive care".

The Dept of Health said "Our guidance makes clear that restraint should only be used as a last resort"

An NHS Improvement spokesman (on 0300-1232257) said "We are looking at ways to transform mental health services, tackle the stigma attached & establish a way of working that can support the mental health workforce"

[At present, NELFT is not one of the 23 English Trusts in their detailed review group.]

DON'T FORGET: Send in your HUBB CHRISTMAS CARD DESIGN for our COMPETITION

Two winning designers will win PRIZES: Marks & Spencer Vouchers in time for Christmas, & their original designs will be printed & sold for HUBB funds.

***Size : 15 x 10 cm, colours optional.
Closing date: 1st October 2017. Send designs to c/o HUBB 82 Shepherds Hill, RM3 0NJ, or to djwbset@ntlworld.com***

UP to DATE with HAROLD HILL HISTORY

In 1947 after the war, the London County Council bought up all the local farms by compulsory purchase, to create Harold Hill Housing estate for the bombed-out families,(although some ex-Cockneys “ didn’t like the quiet” here.) At first the LCC built 650 ‘prefabs’, complete with an inside toilet & a fridge, which none of the local cottages ever had. Then 10,000 brick houses for 28,000 people were started, slowed by bad weather, a strike - & the local habit of pinching some of the bricks!

Inevitably, there was a posh end, up Noak Hill, while the workers lived lower down. Factories like Lee Cooper clothing company moved in, (which some of our members remembered). There was said to be a tunnel under Tonbridge Rd to another factory: Lovable. Hilldene opened in 1952, & celebrities were hired to open the shops : one was an elephant from a local circus!

There was a rule that where a pub was built, there had to be a church too (often providing free nurseries & clinics.)The Bear had opened in 1930, (& kept a bear in a cage in the 1950s), The Morris Dancer (named after Will Kemp, who did a Morris Dance from Norwich to London for money in 1600- & was mugged at Romford!) & then The Saxon King in 1955. Surely no connection that in the 1960s the local Police station had an armed police unit!

Don said Havering Borough Libraries have copies of ‘Harold Hill & Noak Hill, a History’ ,written by him & Simon Donoghue, published in 2013.

LOCAL EVENTS in September

11-15th

CARDBOARDIA

Parsloes Park (Sports changing pavilion)
Making Props & Costumes for
Thamesfest

Sat 16th 12-5.0

THAMESFEST 2017-SILK-RIVER

Celebrating the river with performances,
workshops, & activities.

At The Rivergate Centre IG11 0FJ

ALSO Riverside Walk on Monday 18th

Sun.17th 2.0 to 6.0pm

Youth Parade

Barking Park

11th-29th

Readfest

in Barking Learning Centre & Dagenham
Library

Talks & workshops with local authors,
for all age groups.

Ends Sunday 3rd

Havering OPEN ART exhibition

Queens Theatre, Billet Lane,
Hornchurch

Ends Sunday 3rd

Social Fun & Games Club for all, ages

Weekend 12.0-4.0pm

Roof East Stratford

45a Broadway E15 1XD

Sunday 10th

Nearly-New Market

Mum 2 Mum,

Harold Hill Community Centre,
Gooshayes Drive

17th Sunday Market FREE

10.0am to 3.0pm, Forest Centre

Broadfields, Pike Lane, Upminster.

In the Barn & Education Room