



Helping Us Bounce Back in Havering, Barking & Dagenham

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MAY 2017 NEWSLETTER

MENTAL HEALTH AWARENESS DAY

Thank you! to everyone who came to support HUBB at our stall in Romford Market on Friday 12th May.

This includes those who helped to hold down the banner & leaflets when the wild squally winds were gusting! At least we didn't get wet, & when the Mayor finally arrived at 4.0pm, the sun came out for her. The Fairkytes choir & the school dancers escaped the wind & were very popular, drawing in the public, (even if they weren't sure what the event was about....one big notice in front of the tables would have helped).

12 charities were present, & several shoppers stopped to talk to HUBB members, tell us their stories & complete Havering's questionnaires, so we hope to see one or 2 new faces at HUBB meetings in future.



Thanks to Lynda for sending this photo of some of the HUBB supporters with Councillor Viddy Persaud.

People's comments confirmed a recent survey by MIND: How low the level of local 'Awareness' is, & how hard it is for the public to find out what Mental Health help is available when they don't know what it would be called or where to apply for it.

HUBB Meeting MAY 4th

Our lively Speakers this month were both from **HAVERING FAMILY MOSAIC**. *Anne-Marie Radley* was 'Floating Support', & *Norma Busby* was from Care Point. They support over-16s, usually with housing, healthcare & money problems, & run courses to promote independent living skills.

For full report, see page 4

HUBB Volunteering Awards

Join us to cheer for ten of HUBB's great supporters who were nominated when Rachel, our previous Chair, was invited by Havering Volunteer Centre to propose names to receive NCVO (National Council for Volunteer Organisations) Certificates for their volunteering. These will be awarded at a ceremony on the green outside Queens Theatre, Hornchurch, on **Friday 9th June at 1.50pm.**

Refreshments will be available & we aim to have a HUBB stall on the site.

COLOUR-CODED BUSES!



Starting in Barkingside, over 60 red buses, bus stops & bus maps will be colour-coded according to the routes they follow. Their main destinations & interchanges will be listed on the sides of the bus. Sadiq Khan, the London mayor, said recently "By bringing these new, distinctive route colours to areas of the network, we're making it as easy to navigate areas of London by bus as it is by Tube".

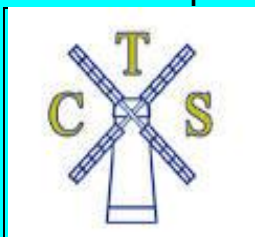
Come to the next **HUBB meeting** on Thursday 1st JUNE, 5.0 to 7.0 pm Romford Baptist Church Hall Main Rd, Romford (Next to Asda)

Is HUBB still "*Helping Us Bounce Back*" ?

This will be a *Brainstorming* session when we will consider what HUBB does for us, if HUBB should do more or better or something different. *Your views & experiences are needed!*

(With our usual Buffet & Raffle)

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



HUBB

Newsletter

Home, Sweet Home.....

Would-be Landlords are prevented from letting their buy-to-let homes to tenants on housing benefit, because most mortgage companies consider these tenants too financially risky to accept.

Anne Baxendale of Shelter said "*Life for families who need housing benefit to top up their monthly income is hard enough without having to deal with this cruel prejudice from the banking system*"

Landlord groups are even joining forces with housing charities to call for reform.

The chairman of the Residential Landlords Association, Alan Ward said, "*Discrimination against tenants on benefits is not driven by landlords but by the banking system*". The Association want the next government to investigate the impact of this restriction.

(From 'The Times' on 20-4-17)

For instance, tenants who have to claim benefits if they lose their jobs could be unable to move or even made homeless.

(If the tenant is medically vulnerable or at risk of eviction, rent may be paid directly to the landlord from the tenants' benefits, preventing any risk of rent arrears. It seems that mortgage providers are unaware of this option.)

GENERAL ELECTION

All of us who are registered to vote should do so on June 8th – even if it's just a protest vote – so that our choice will at least be counted & contribute to the total views of both the local ward & also the whole

nation. As someone once said: "You have to be in it to win it"!

WOMEN AND GIRLS "Come and join us"

The HUGGETT Womens' Centre runs drop-ins on Tuesdays from 10.0-12.0 & Thursdays from 2.0-4.0pm,

Support groups & activities for women & children only, at

321-329 Heathway, Dagenham RM9 5AF

Call 0203-813-2955

Email: HWC@niaendingviolence.org.uk

*Havering has a new Mayor
- Deputy Mayor Linda Van*

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den Hende (who was
H'UBB's Speaker at our
January 2017 meeting) took
over from Mayor Philippa
Crowder on 17th May.*

SUCCESS OFTEN COMES at a PRICE

"We are a nation truly inspired by our sportsmen & women, but with one in four of us affected by mental illness in any year, we know that professional sports people aren't immune".

So said ex-deputy PM Nick Clegg when he & former footballer Clarke Carlisle launched the Mental Health Charter for Sport & Recreation in 2015.



Many brilliant sports personalities, like Victoria Pendleton, Kelly Holmes, Ian Thorpe

& of course Frank Bruno, have spoken about their mental health problems. On 4th May this year the Everton footballer, Aaron Lennon, was detained under Section 136 of the Mental Health Act.

The difference since Frank Bruno's days is that Aaron's friends & colleagues spoke up for him, sent him encouraging messages & shared their own feelings of panic or depression.

Dr David Fletcher, researcher in performance psychology at Loughborough University, said a mask of indestructibility was an expected part of an athlete's armour.

It seems that, whilst we know exercise is good therapy, the high expectations, short-lived careers & risk of 'burn-out' among sporting perfectionists can be more damaging than physical injuries. But, hopefully our attitudes to these mental health risks are beginning to change for the better.

BENEFIT OFFICE CLOSURES

Unemployed people, including the disabled, will have to travel further to sign on when the Dept for Work & Pensions closes or merges at least 78 Jobcentres in the UK, including DAGENHAM & HORNCHURCH offices, by March 2018.

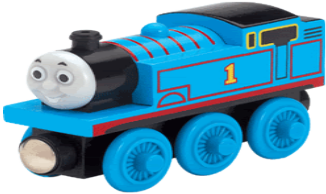
These closures will save £180million pa. 'The Independent' states 'The government claims it needs fewer offices because people tend to submit their claims for benefits online. However, claimants are still

required to attend Jobcentres at least every 2 weeks to sign on.'

More transport news:

BIG BEHINDS on the TRACKS!

'The train arriving on platform one will be slightly heavier than usual' (reported The Sunday Times on 30 April). "A new generation of high-speed trains is being designed to accommodate the **expanding girths of British passengers**".



The boss of the HS2 high-speed rail network said "We're getting bigger". So modern trains must have wider seats, more legroom & space for taller people. [*But if the journey is faster, we'll have less time to enjoy being comfortable!*]

FAMILY MOSAIC continued from page 1

Anne-Marie told us her potential clients are divided into 3 'streams': Stream 1 have issues which can be dealt with immediately; stream 2 can be settled within one month (eg tenancy or debt problems) & stream 3 are given 6 months support, with the option of extending this. Most of her clients have Mental Health problems & she can provide some advocacy support, eg attending GP appointments or even courts with clients, or negotiating repairs for tenants with the Council.

(Only the Council can now provide help in eviction or house move cases.)

They aim to reduce social isolation by running coffee mornings in several local Drop-ins & the Job-centre, & help with CVs. Day Trips & Walking Clubs are planned.

They will do home visits if necessary. Cases are closed if there is no response after 3 letters have been sent, but clients can return later.

Their office hours are 9-5, Mon-Fri, Saturdays between 9-3, phone calls only: 01708-776770 or 776790

Norma then described CARE POINT. It was the CAB's one-stop-shop until 2011. The help is now available in 20 centres (or 'hubs') around Havering, & clients are mainly elderly. Topics include Blue Badges & taxi cards, DLA & PIP appeals, support for carers & befriending for the elderly. They may visit clients who are not mobile.

We applauded these lively & helpful speakers, who kindly stayed to answer several personal questions from members, especially about about the complexity & apparently target-driven PIP (Personal Independence Payments) appeals. We learnt that you can get PIP (like DLA) when working, & that although about 70% of appeals are won it can take up to 12 months for a case to reach Tribunal stage. Members advised involving your MP in extreme cases .

(In B&D the nearest equivalent to Family Mosaic is the Council-run Barking & Dagenham Direct on 0208-215-3000)

POEM

I'm sitting here at 6am, & wondering what to do. So I thought I may as well send a poem off to you.

I've cleaned the fridge, my bathroom sinks are gleaming. If I only had a ladder I'd remove the cobwebs from the ceiling.

I've mowed the lawn & fed the cat, I've even washed the kitchen mat. I've ordered food & paid online. My early mornings are so sublime!

Exhausted now - I'll watch TV, but all the news is so ugly. I feel so tired with it

all in my head, I've decided I'll just go
back to bed....NIGHT NIGHT.

Written for us last month by a HUBB member