

## OCTOBER 2017 NEWSLETTER

### An Early Christmas Present!

We are grateful to **Lorraine Moss**, our October meeting's Speaker, for a most valuable donation to HUBB: a copy of the **Disability Rights Handbook** for 2017/2018: a huge guide to UK benefits for all disabled people & their families, published by Disability Rights UK.

Although HUBB members may buy this at reduced cost for themselves (see p.3), HUBB's copy will be made available to all members on request, & kept updated.

*Lorraine said she was pleased to support us, as years ago, the original HUBB advocates had helped her!*

Lorraine is now the Welfare Rights Adviser for an organisation supporting customers of the energy companies EDS & SSE who are found to be financially vulnerable. She researches their entitlements to benefits they may not know about, to help them pay their bills.

Unfortunately, she can only work with people referred to her by these energy companies. However, she gave us examples of what she had learnt:

**Severe Disability Premium** of £62.45 a week may be payable for some people with higher level needs but have no-one getting Carer's Allowance to help them.

**Attendance Allowance** is paid to those over 65 who need (but may not have) frequent help with personal care or supervision to remain safe. It is not means-tested.

**Housing Benefit** may be paid direct to your landlord at your request (eg to help you with budgeting)

**PIP (& DLA)** are payable whatever your income or savings, & are tax-free.

Lorraine acknowledged the problems raised by members which she could not change: the requirement to make claims online- especially hard for those with limited access to a library for help, & the long delay before those eligible for Universal Credit are actually paid, & which then, (unlike most wages,) are only paid monthly.

Help with claims may be available from local organisations like the CAB (Citizens Advice Bureau), HAD (Havering Assoc. for the Disabled,) & DABD (Disabled Assoc of Barking & Dagenham).

Rachel thanked Lorraine, who kindly stayed to answer some individual questions.

Meanwhile, Rachel invited members to come to the HUBB stall at the YMCA 's 'IAMWHOLE' event on Oct 10<sup>th</sup>: World Mental Health Day, & help us to raise awareness of HUBB Support Group. (See pp.2 & 3)

She also suggested members visit the free International Soul Food Festival at Dagenham Library on 14<sup>th</sup> October.

Mayuri Raja, Havering Community Development Officer, told us that *Time FM* would broadcast free adverts for HUBB if we mention her name when contacting Lorna at Time FM with our details. (To be done ASAP!)

*Thanks to all who brought raffle prizes or helped in the kitchen & with tidying up: you know who you are!*

**BE PREPARED:** The Government's Final Review of State Pension Age is now published



Changes to delay State Pension payments “Because life expectancy is increasing” mean that for both men & women expecting to receive their state pension between November 2018 to 2020, eligibility will move from age 65 to 66, & to age 67 from 2026 to 2028

World Mental Health Day, 10<sup>th</sup>  
October 2017 at YMCA Rush Green



Ruby c, Hazel R & John P on duty.

**HARMLESS** is a user-led organisation that provides a range of services about **self-harm**, including support, information,, training & consultancy to people who self-harm as well as their friends, families & to professionals.

*They say: 'self-harm doesn't discriminate- neither do we'*

They have created a DVD with people who have experience of self-harm exploring the nature of self-harm, distress & recovery. They also offer an on-line Workbook encouraging self-reflection & alternative methods of coping.

Contact [info@harmless.org.uk](mailto:info@harmless.org.uk)

or write to PO Box 10136  
Nottingham, NG1 9HL

#### **POLICE CUTS: Staff or Stations?**

Despite the amalgamation of Havering, Redbridge & Barking & Dagenham police forces into one - the Metropolitan Police East Area command - Det. Supt Jane Scotchbrook, Neighbourhood Policing boss, said savings must still be made: £250,000 per year in Havering alone.

Senior Officers say the choice is between paying for police buildings or for police officers.

This is why they propose to close all local Police Stations except Main Rd, Romford & one 24-hour counter at Barking Learning Centre. They will keep 4 of the 8 Havering SNTs (Safer Neighbourhood Teams), & 3 SNTs in Barking & Dagenham.

Consultations about these plans, including many objections, ended on 6<sup>th</sup> October, & the outcome report is awaited.

Join us at the **November HUBB meeting** on Thursday 2<sup>nd</sup> from 5.0to 7.0pm, Baptist Church Hall, Main Rd Romford when we hope to hear about becoming Health Champions



## FIRE-WATCHING!

Guy Fawkes Night is not the only excuse for a bonfire at home now that the dry leaves are piling up. However, bonfires can be as hazardous as fireworks, & some are *illegal*:

It's an offence to cause pollution by burning domestic waste: *billowing smoke* can interfere with nearby traffic, & burning plastic or some painted items can cause *poisonous fumes*.

Best to keep an eye on our bonfires, use dry leaves & paper & unpainted wood, -no plastics, - & have a bucket of water handy in case sparks start another fire. Then we can enjoy re-living the cave-man (& cave-woman) experience!

### HUBB review of

#### WORLD MENTAL HEALTH DAY 10-10-17

Despite limited involvement by Havering or Barking & Dagenham councils, there were successful events in both boroughs to raise awareness of Mental Health issues & the support available.

**Healthwatch for Barking & Dagenham** held their first event for WMH Day, focussing on *wellbeing & coping with stress at work*. About 200 people attended Barking Learning Centre where local charities, employers & Mental Health services provided employment advice, arts & crafts lessons & even free massages, which were enjoyed by the HUBB members who attended.

In **Havering**, Hazel R & Dinah B managed a HUBB stand at the **YMCA's IAMWHOLE** campaign, *on young people's mental health*, providing information & leaflets. They were later joined by Bob G, Ruby C, & John P.

In the morning session for about 20 stakeholder organisations we heard of the problems faced by youngsters, including from social media. A survey of 20,000 found that 81% of them had heard derogatory terms used for the mentally ill, which deterred many from seeking help. Young YMCA members spoke about their mental illness experiences & the support which helped them to cope, including sharing their concerns & doing physical activities. In the words of Ishma's eloquent rap:

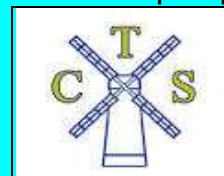
*"Meditation has brought my anatomy to fit my spirituality"*.

We also heard from Havering Talking Therapies & from MIND-(who are now providing the Mental Health First Aid Training sessions which HUBB used to do) about the need for the public to recognise mental health problems &, importantly, know what to say & do to help.

*Afterwards, Ruby wrote:*

*"The hall at the YMCA was full of friendly people answering questions about their organisations, providing information, giving out leaflets & contact details. There were charities that give support to people with Mental Health conditions as well as NELFT. (Very good pens!)"*

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



HUBB

Newsletter

DISABILITY RIGHTS UK have been publishing the **Disability Rights Handbook**, the annual "Benefits Bible" for over 40 years. It costs £33.99 from [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org), but people on benefits who want it for personal use may obtain it for £18.50

## LET'S GO NUTS!

**ALMONDS:** a good source of 'healthy' fats, calcium, vitamin E & fibre. They also help to reduce 'bad' cholesterol.



**BRAZIL NUTS:** contain selenium, which helps our body produce thyroid hormones, supports immunity & helps healing. Eat 3 to 4 nuts daily.



**CASHEWS:** Rich in magnesium which may help cognitive ability, & include iron & zinc & are a good source of protein



**HAZELNUTS:** a good source of folate which can help keep down levels of homocysteine - an amino acid associated with heart problems & Parkinson's disease



**PEANUTS:** Avoid roasted & salted ones to get lots of vitamins, minerals, protein & fibre.



**WALNUTS:** are rich in omega-3, protein fibre & vitamin E, also high in antioxidants which help protect the body against disease. They may boost male fertility too.



(From *benhealth*, magazine of [www.benenden.co.uk](http://www.benenden.co.uk))

## Don't ditch that broken kettle yet!

Bring your broken electrical or electronic goods to the **Restart Party**. This *free service*, where volunteers help us fix our own broken equipment, is coming to Dagenham on 25<sup>th</sup> November.

Supported by the London Waste & Recycling Board, they will be found at the Rose Lane Community Centre, Rose Lane RM6 5NJ from 11.0am to 2.0pm (Donations welcome)

## LOCAL PUBLIC FIREWORKS DISPLAYS:

On 3-11-17 at Romford & Gidea Park Rugby Club, Crow Lane Romford. Rides & Refreshments  
Fireworks from 8.30pm Tickets: 01708-700521

On 5-11-17 at Maylands Golf Club, Colchester Rd Harold Park, activities from 3.0pm, fireworks at 6.30pm, tickets 01708-341777

On 3-11-17 at Barking Rugby Football Club, Gale St, Dagenham  
Food & Stalls, Fireworks 7.0pm  
FREE

## POEM

Tie another rope to your boat  
Then you will stay afloat  
As long as you can steer  
There is nothing to fear  
When you cannot take any more  
Start heading for the shore  
To the safe harbour  
Where your friends are.

*Ruby Cutmore*