

January
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HUBB NEWS

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Happy New Year to HUBB Members.

It's time to renew your membership. One pound still buys you 12 monthly HUBB News and entitles you to vote at our Annual General Meeting. Members can also stand for election to our Management Committee, which meets monthly to oversee the work of HUBB.

Please complete the renewal form enclosed and use the freepost envelope provided.

Interested in local history? How about tracing your own family tree in the new year? Havering libraries have access to computer archives and volunteers willing to help. Visit your local library for details.

Time to Change

The award winning TV ad, 'it's time to talk', will be back on your screens from 9th January and three new radio ads will be played on stations across England for five weeks. As well as TV and radio, you'll also see new cartoon strips, based on the TV ad in the Metro and the Sun newspapers.



February 2 2012 our guest speaker will be Mike Phillips who will be offering support around the TV digital switchover.



Free community event

The GOALS centre
Dagenham Leisure park
Cook Road
Dagenham RM9 6XW

Friday 27 January 2012

11am — 4pm

A day full of fun and educational activities getting Active over obesity aims to empower and inspire local people to lead stronger, healthier and more active lives. Presented by AIR Football, this one day sports based health event is supported in partnership with NHS outer North East London, London Borough of Barking & Dagenham and KCA. Fruit and refreshments will be provided as part of the day.

The goal at Airfootball is to provide a platform for change, to inspire people to make changes necessary to move forward in their lives, to move away from negative social problems:

- Drugs & Alcohol Misuse
- Crime Diversion
- Mental health
- Unemployment

They provide positive tools to help people with:

- Health & Fitness Promotion
- Positive Structure
- Education & Learning
- Confidence & Self Esteem
- Fun & Enjoyment
- Back to Work
- Volunteering
- Be positive in their communities

Community
Legal Service



INVESTOR IN PEOPLE

Advocacy



Quality Services



The Guardian

Mary O'Hara Tuesday 3 January 2012



Jane Powell, director of the Campaign Against Living Miserably (Calm). Photograph: Sarah Lee for the Guardian

The deaths of young men in car accidents or from knives or guns attract intense media scrutiny, as well as attention from politicians, but it is suicide that is the biggest killer of young men in the UK.

In 2010, there were 4,532 suicides recorded in England and Wales alone, of which 3,421 (75%) were males.

For men between the ages of 15 and 34 there were 868 deaths by suicide, more than three times the number of women in the same age group, and there are fears that the worsening recession will trigger a sharp rise in men taking their own lives.

Jane says "You can't be a guy and talk about needing help," says Jane Powell, founder and director of the Campaign Against Living Miserably (Calm), which aims to reduce the high suicide rate among young men. "This is why it's really a gender issue. There is no ducking this. To ask for help is seen as being a female thing. These things happen to women but it doesn't explain why three-quarters of all suicides are male. If we are going to look at suicide prevention, it is pointless unless we also talk about gender."

"We have to look at why they are not accessing help. They are not accessing help because it's not put to them in the right way and because they don't think they should. There needs to be no shame in asking for help."

Calm runs a national helpline that around 2,000 young men ring each month to get confidential help and it has a website that provides an interactive support network.

The charity recently launched a high profile in-store campaign with Top Man that featured famous DJs talking about suicide and the importance of speaking out, along with posters across London proclaiming: "The silence is killing us." The aim is to push the issue of suicide and young men into the national psyche.

Deeply shocking

"We did a YouGov poll [in November 2010] and it showed that nine out of 10 people haven't a clue that suicide is the biggest killer of young men. The unawareness is deeply shocking. Awareness is even worse among young men themselves," she says.

"I think a lot of parents are furious to find out that suicide is such a big killer and that they weren't aware and therefore didn't have the opportunity to respond better."

Powell, 51, knew little about suicide when she launched Calm as a pilot in Manchester for the Department of Health in 1997. But she was a seasoned campaigner and got an advertising agency to help craft a communications theme around sport and music so it was clearly branded in a way that young men would relate to it. Powell says young men were keen to take part in the pilot. "They were appalled that suicide was the biggest killer – they had no idea and they wanted to get involved."

She steered the pilot from a fledgling, government helpline in the north-west to a national suicide prevention campaign. Fifteen years on, Calm is now an independent charity with a national helpline, after she rescued it from closure by the Department of Health.

Strong message

Right now, Powell feels Calm has the potential to "punch above its weight". In the past few months, it has been concentrating on its poster and Top Man campaigns – with a strong message about the risks of suicide – directed at its hard-to-reach target group of men under 35. The only way to get around the lack of awareness, Powell suggests, is "by going directly to the public and undertaking loudspeaker messages through

billboards and bypassing the media".

The Calm website is now a place where young men are content to spend time and "get directly involved", she says. They can submit videos, share experiences and, crucially, according to Powell, see that it's OK to talk.

Trying to change entrenched social attitudes and reduce the high number of deaths is a big ask – and Powell knows it. Nevertheless, she seems undaunted. This year she plans to drum up support for Calm within the sports world, develop its ties with DJs, and hopes to raise enough money from music events to expand its texting support service beyond London, and turn the helpline – which is available four nights a week – into a seven-day operation.

What matters most, Powell argues, is that young men access a message they can identify with. She says: "This was always a campaign for, of and about young men. The day we lose that is the day we stop being relevant."

Calm is at thecalmzone.net Calm helpline: **0808 802 5858** within London, or **0800 585858** outside London.

Hate Crime

A new 24 hour phone line has been launched in Havering dedicated to tackling hate crime.

The Stop Hate UK phonenumber is available 24 hours a day for victims of any hate crimes to report incidences.

The helpline is run by Stop Hate UK, a national charity, and supported by the Havering Community Safety Partnership.

The helpline can be used in confidence by anyone who has experienced hate crime, whether as a victim or a witness.

It gives callers the chance to talk about what they have experienced, and obtain information about services.

Details are only passed on to the police and relevant support agencies with the caller's consent.

The Stop Hate Line, **0800 138 1625**, is a free 24-hour helpline or visit www.stophateuk.org

Drop in coffee morning - Barking Library
Barking Library, Barking Learning Centre,
2 Town Square, Barking, IG11 7NB

10.30am 12.00pm

Join us for a free cup of tea or coffee every Thursday in the Gallery at Barking Learning Centre. Meet with other library and centre users.

Session hosted in partnership with the Maples Resource Centre

For further information contact 020 8724 8725 or just come along on a Thursday morning

Free



Free Computer Help Sessions - Barking Library
Barking Library, Barking Learning Centre, 2 Town Square, Barking, IG11 7NB

7pm to 8pm

If you need help with any of the following then come along to our free IT drop in sessions

Computer basics

Surfing the internet

Setting up and using an e/mail account

Basic Word and Excel

Joining social networking sites e.g. Facebook, Twitter and YouTube

For further information contact 020 8724 8725 or e/mail

sarfaraz.khan@lbbd.gov.uk

Free



Everyone knows that fresh air and gentle exercise are good for us. How about visiting one of the London parks?

If you have a freedom pass you can enjoy them for free.

St James's Park



Located in front of Buckingham Palace, St James's Park was originally part of the grounds for St James's Palace nearby.

It is the oldest of the royal parks and was named after a leper hospital that used to exist nearby.

The park was redesigned in 1828 for public use and its layout comprising curving walks and lakes became the model for the design of later parks. With its waterfowl and other wildlife, and numerous park benches, it is a great place for resting.

Nearest underground station: Westminster

Regents Park



The park was designed by John Nash in 1818 as part of a wider plan for the area, and was opened to the general public in 1845.

It is not only used for general relaxation but is also the venue for many organised amateur sports such as tennis, cricket and hockey, and there is boating on the lake.

Nearest underground stations: Regents Park, Baker Street, Great Portland Street

Winter warming recipe — Easy chicken curry



Using a good-quality curry powder or paste takes all the work out of making this fabulous dish. For the best flavour, make it a day ahead and reheat.

Ready in 1 hour 5 mins

Ingredients

Serves: 3

3 chicken quarters (or 6 legs)
1 tbsp vegetable oil
1 large onion, finely chopped
1 garlic cloves, finely chopped
1 tablespoon curry powder or paste
250ml chicken stock
half tablespoon tomato purée
Half teaspoon sugar
1 tablespoon Greek-style yoghurt
salt and freshly ground black pepper

Preparation method

Prep: 20 mins | Cook: 45 mins

Remove the skin from the chicken joints, if preferred, and season them with salt and pepper.

Heat the oil in a deep frying pan or flameproof casserole. Add the chicken and brown it on all sides for 6–8 minutes over a medium heat. Remove and set aside on a plate.

Cook the onions in the pan for 5 minutes until golden brown, stirring regularly. Add the garlic and curry powder or paste and cook, stirring, for 1 minute.

Add the stock, tomato purée, sugar and seasoning. Mix well and add the chicken. Bring to the boil, then reduce the heat, cover and simmer for 45 minutes or until tender, turning the chicken pieces halfway through cooking.

Remove the chicken to a serving dish using a draining spoon. Heat the sauce over a high heat for 2–3 minutes until reduced and thickened. Take the pan off the heat and stir in the yoghurt. Check seasoning, then pour the sauce over the chicken. Scatter over the chopped coriander.

Recipe by: Maggie Pannell
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