

July
2011

HUBB NEWS

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Monthly Meeting 7 July

Des York (Community Resource & Social Inclusion Manager) from was our guest and explained the process of claimants being moved from Incapacity Benefit (IB) to Employment Support Allowance (ESA)

Currently 2.6 million people claim IB

By 2014 all IB claimants will be reviewed and may have to attend a Work Capability Assessment. This is to determine if a claimant is capable of 'some form of work'. The emphasis will be on what a person CAN do rather than what they cannot do.

A HUBB member explained how she had provided every piece of evidence she could about her illness with her ESA form and she had been accepted onto ESA without having to attend a Work Capability Assessment.

The most important thing that Des could advise is that people do not ignore the letters. Benefits will be reduced if you do not attend appointments.

DIY Groups

B&Q Roneo Corner and B&Q Lakeside

Want to learn a new skill? Are you 50 or over?

Need to brush up on your DIY talents, ie tiling, flooring, decorating?

Free six week course

For information or to book a course ring 01708 345138

HUBB celebrates 20 years!

HUBB celebrates 20 years with the launch of our long awaited book

'Recovery Is.....Journeys to wellbeing'

A collection of individual interpretations on the meaning of recovery



You are invited to join us at

Romford Baptist Church

Main Road Romford RM1 3BL

Thursday 4 August 2011
5pm - 7pm

Refreshments provided

Did you attend the NELFT Sports Day? If so, please email your pictures for our next HUBB News.

HUBB would like contributions for HUBB News by post or Email dawn@hubb.eclipse.co.uk

Community
Legal Service



INVESTOR IN PEOPLE

Advocacy



Quality Services



How can I lead a heart healthy lifestyle?

Try to reduce your cholesterol. Here's how:

1. Include plant sterols in your diet

Plant sterols (and stanols) are accepted by scientific experts to be the most effective active food ingredient for lowering cholesterol levels. Just 2 to 2.5g of plant sterols each day can lower LDL cholesterol by 10%, which can increase to 15% when combined with a healthy diet and lifestyle. This is the amount in three portions of pro.activ foods (one portion is about two teaspoons of spread or 1 glass of milk) or one pro.activ mini drink (such as Flora pro active)

2. Exercise

Walk, cycle, swim, jump up and down, play games, dance! Even housework counts. Start with what you can and work up to about half an hour on most days of the week. But be careful that you don't overexert yourself – listen to your body.

3. Replace bad fats with good fats

Replace saturated and trans fats (bad fats) with food containing polyunsaturated and monounsaturated fats (good fats). It's easy to swap good fats for bad ones: try pro.activ spread instead of butter, vegetable oil instead of lard, chicken or fish instead of fatty meat and skimmed, 1% semi-skimmed or soya milk instead of full fat milk. And try to eat oily fish (rich in beneficial omega 3 fatty acids) at least once a week.

But remember, all fats contain calories, and it's important to limit how much you consume to maintain a healthy weight.

4. Eat a variety of foods

Include whole grains, fruit, vegetables, and pulses. Variety is the key to a healthy diet.

5. Reduce stress

Try to get enough sleep at night and allow yourself ten minutes or so to sit and do nothing at all every day. Smoking and drinking heavily might seem relaxing, but they're bad for your heart and the rest of your body.



The Telegraph

Christopher Hope, 28 Jun 2011

More than 100,000 people complained about the NHS last year – but only 300 were investigated by the health service's watchdog, a report has found.

MPs on the Health select committee said the Government should carry out an immediate review of the way NHS trusts handle complaints from patients.

The role of the Health Service Ombudsman should be expanded to allow more claims to be examined as part of an appeals process when patients are unhappy, they said.

The report found that in 2009/10 complaints about NHS services increased by 13.4 per cent to 101,077 – the biggest rise for 12 years. Of that figure, the vast majority were dealt with by hospital trusts. The remaining 15,579 were referred to the ombudsman, of which just 346 were investigated.

Thousands of complaints were not taken up because the ombudsman has to believe there is a prospect of "a worthwhile outcome", that a person had suffered injustice or hardship as a result of poor service or maladministration.

The MPs said: "The legal and operational framework of the Ombudsman's office should be reviewed to make it effective for this wider purpose."

The rise could be down to a mixture of factors including worsening NHS care, increased demand for healthcare and better awareness of the complaints process.

Stephen Dorrell, the committee's chairman, said the MPs were "not convinced that all complaints were properly reviewed".

He added: "It is primarily about the culture. The system is too defensive and is not sufficiently open. There should be a duty of candour."

The committee also condemned the activities of claims management companies, which collect claims, assess their likely value and then sell them on the personal injury lawyers or legal firms

RAMFEL

Refugee and Migrant Forum of East London

RAMFEL is a specialist agency working to meet the needs and concerns of asylum seekers, migrants, refugees and Black, Asian and Minority individuals and communities across East London.

Tel: 020 8532 7332 Barking & Dagenham
Tel: 020 8478 4513 Redbridge

ESA & Incapacity Benefit

Do you have questions about the changes around Incapacity Benefit and Employment Support Allowance?

Jobcentre Plus Disability Employment Advisers are here to help.



Part of the Department
for Work and Pensions

Come and speak to a Disability Employment Adviser (DEA) in confidence about the changes and how we can help you.

Where: The Hedgecock Centre

When: Tuesday afternoons from the 21 June

How: Please book an appointment at the Hedgecock centre Reception

Or call **0844 600 1200 ext 5374**

Mums can dance too!

Are you a Mum? Do you watch your children dance and think.. I could do that?

Join the **FREE** street dance sessions at
Abbey Sports Centre, Axe Street
Barking
IG11 7NA

Every Friday 8pm — 9pm
All levels welcome

For further information tel **0208 270 8370**

Perky Pensioners — for Havering over 60s

The service was set up in March 2003 and now has seven clubs across Havering. The clubs meet weekly and are run by a small team from the Active Living service who are ably supported by a team of volunteers.

The clubs offer a meeting place for good conversation, guest speakers, activities, trips and group events through the year. There is a charge of £2.00 for which you will have tea, coffee, biscuits and the activities such as quizzes and bingo

Monday Neighbourhood Housing Centre
10.30am — 2.00pm
Hill Rise Road, Chase Cross
Collier Row

United Reformed Church
Western Road
10.00am—12.00pm

Tuesday Beehive Court
10.30am—2.00pm
Gubbins Lane, Harold Wood

The Swallow Walk Lounge
Swallow Walk, Elm Park
10.30am—12.30pm

Wednesday Brunswick Court
Brunswick Avenue, Cranham
10.00am—2.00pm

Thursday St John's Church
South End Road
South Hornchurch
10.30am—2.00pm

For details or to check that places are available
call **01708 345138**

Beware of bogus callers claiming to work in partnership with our local police and offering cheap security systems.

Callers are saying that they will undertake a free security survey. Some local residents have been advised that they are entitled to a free burglar alarm

Havering and Barking & Dagenham police do not recognise these companies and recommend that you do not buy from telephone salespeople or door to door callers.

If you are concerned about your home security, contact your local Safer Neighbourhoods team for free advice

Havering 07825 386 484

Barking & Dagenham 07825 386 367



Goodbye and good luck!

Rob Thomas was recruited by HUBB to develop our training products.

He approached this with professionalism and enthusiasm, and became a valued colleague and mental health champion.

We were delighted to be able to benefit from his other skills as a professional photographer and web site designer.

You may recall that Rob had worked in India for a charity called Magic Bus, and they have approached him with a job offer in Mumbai which he feels he cannot refuse. This will be an exciting new challenge for him and we wish him well. Rob's last day with HUBB will be the meeting on August 4, which is when we will launch our book 'Recovery is...'

Although the concept of such a book began some years ago, it was Rob who brought the idea to fruition, with the help of a donation from a HUBB member and a grant from Awards for All (Big Lottery fund) The book will be a lasting reminder of his time with HUBB.

These people are better known by their celebrity names.

Who are they? (answers next month)

- | | |
|---------------------|---------------|
| Norma Baker | Marvin Aday |
| Declan Mcmanus | Anna Bullock |
| Maurice Micklewhite | Eldrick Woods |
| | Erich Weiss |

Groan.. A bear walks into a bar and says, I want a whisky and.....coke'

The bartender asks 'what's with the big pause?'

The bear says, 'I've had them all my life'

HUBB Annual General Meeting

Romford Baptist Church

Main Road Romford RM1 3BL

Thursday 1 September 2011

5pm – 7pm

Refreshments provided

Our guest speaker will be

Bernie Graham

Bernie Graham has worked within the field of mental health since 1987, holding appointments in both the statutory and voluntary sectors. Bernie is currently the Director of Mental Health Support Training and Consultancy Ltd and also works in association with Simon Weston O.B.E. on bespoke projects and provides training for National Mind. After 3 years working in the mental health field, Bernie experienced a protracted period of clinical depression. This has given him a different insight and perspective on mental health problems. This is also where he gets his inspiration and passion for working in the field.

Please nominate members for our management committee for the coming year using the enclosed form and freepost envelope provided. This must be returned to HUBB by 27 July 2011

Havering Town Show

Harrow Lodge,
Hornchurch

Sunday 28 August and
Monday 29 August

Stalls, music, crafts

