

THE THURSDAY CLUB NATTER



EDITION 30

WHERE ALL THE GOSSIP CAN BE FOUND

12.03.21

This week everyone will receive their letter asking them to go online and complete the Census questionnaire. You may have received yours already. The Hub is set up to help you. You can ask for help to complete the census form over the phone with someone at the Hub or arrange to visit the Hub have a cup of tea and a chat while one of our trained advisers help you complete the form. You might choose to book your appointment at the same time as a friend and it turns out this one thing you can do legally together at the Hub at Henley Community Centre. The Hub is fully covid secure and a safe environment to meet with the trained adviser and complete the form in a sociable way.

This should take away the stress of wondering whether you have completed the questions correctly.

census
2021


Get help to fill in your census questionnaire at:


THE HUB AT HENLEY
COMMUNITY CENTRE

BY APPOINTMENT
PHONE 01564314660
censushhcc@gmail.com

The Hub is situated on the grounds of Henley in Arden Secondary
Centre open 1.00pm – 7.00pm every weekday

Find out more about the census at www.census.gov.uk

   Follow @Census2021

 Office for National Statistics

ADLF81

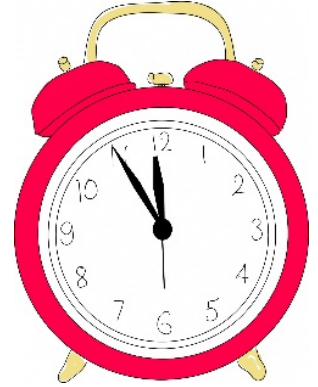
All of this has to be done by appointment in order to keep the numbers attending to a safe level.

PHONE 01564314660 DIAL THE FULL NUMBER AND MAKE YOUR APPOINTMENT NOW.

Sophie's Positivity Corner



Time is a funny old thing, isn't it? Sometimes it can feel like the days drag on and never end, others it can feel like you've barely managed to take a breath and the day is done. I always remember my grandparents telling me that I should "enjoy my time because it goes a lot faster as you get older". I didn't believe them then, I thought how time could possibly go faster...



Boy, was I wrong? I'm only in my mid-twenties and already I feel that my time is running away from me; does it only get worse?!

I'm lucky though, I have 2 jobs, a dog, cat, and a boyfriend to keep me busy so of course my time goes faster. Reflecting on this has got me thinking however, what about everyone

currently stuck at home, on furlough, or shielding, or self-isolating. I can imagine time has felt like it's slowed right down, especially if you were used to a busy lifestyle pre-Covid. If this is the case for you, then you have my greatest sympathy. I can only imagine how difficult this past year has been.

Now this may seem like one of those moments where you think "how could this person know anything about what I'm going through", but I am here to try and help, nevertheless, because that's the only thing I can do.

First and foremost, if you're stuck at home and time is dragging on everyday then my advice is to create a schedule. Make a list of all the things you want to do every day and allocate yourself a specific time to do them over the next few weeks. This may help you to have some structure to your days, so they don't all feel like one big blur.

Secondly, set a routine. Try to get up at the same time every day, have an hour or so of reading, cleaning, and resting etc. This can help you to feel more in control at a time when everything else is so out of control. Regaining some control over your days can greatly impact your mood too, so it's worth a try!

Finally, make sure you allocate some time every day to do something that makes you happy; phone a friend or family member, dance around your kitchen or whatever else it is that gets your endorphins flowing. Just remember to have fun every so often!

HELP FOR GETTING THERE.....

Transport available to take you to your vaccinations

VASA can be contacted on 01789 262889 (press option 1) Monday to Friday, 9am to 4pm or email transport@vasa.org.uk or talk to Peter

Nature Notes

Nature Notes

I spotted a very unusual goose on Trittiford Mill pond on March 5th. There were the usual suspects on the pond, over 100 Canada Geese, about 200 Black-headed Gulls plus a pair of Swans, some Tufted Ducks, Mallard, Coot and Moorhens and this attractive visitor.



It is a Bar- Headed Goose: an exceptionally long way from home.

The Bar-Headed Goose has an extremely large range and can be found in Afghanistan, Bangladesh Bhutan, China, India; Mongolia; Myanmar; Nepal; Pakistan; Russia, Thailand and Vietnam.

It is named for the two black bars on the head and is monotypic (males and females look the same). It is famous for making extremely high-altitude migrations across the Himalayas, whereas other birds use the passes between the mountains at lower levels. You may have seen them on BBC Nature films where they have been tracked flying at 24,000 feet and there are unconfirmed reports of birds flying over Everest itself.

The ability to fly at such heights has intrigued scientists for years as there is less oxygen available

and less air pressure to support lift, especially as these geese flap constantly, using up energy but creating enough warmth to prevent icing of wings. Finding out how they do it could benefit research into human respiratory and altitude problems. They do have a special form of haemoglobin allowing them to extract more oxygen for their flight muscles and a relatively large wingspan to enhance lift thereby lowering the power required for flight. They are one of nature's most powerful flyers, with 1000 miles at over 50mph in a single day being recorded.

I have enquired on the birding web sites to see if anyone knows where this specific bird comes from but have no definitive answers. There are some in collections at WWT Slimbridge and Martin Mere, presumably pinioned, and a small population was introduced into the Netherlands, so it is remotely possible that we have a rare vagrant but probably just an escape from captivity.

Derek Healing

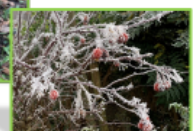
LOOK OUT FOR THE LINK
TO THIS SPECIAL TUESDAY
ZOOM SESSION.

LEARN ABOUT THE
POSSIBLE WAYS YOU CAN
WALK AROUND HENLEY
AND WHAT TO LOOK OUT
FOR.

SESSION STARTS
PROMPTLY AT 11.15 WITH
THE ZOOM CALL
STARTING AT 11.00AM

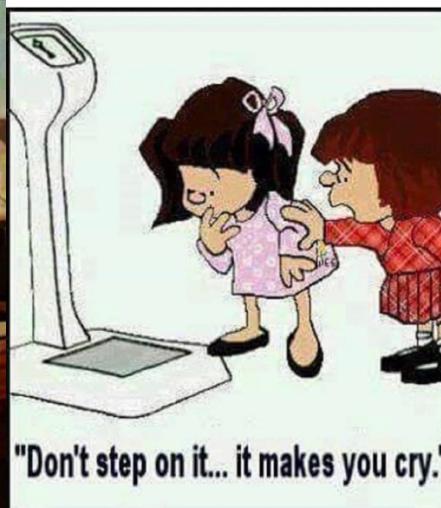
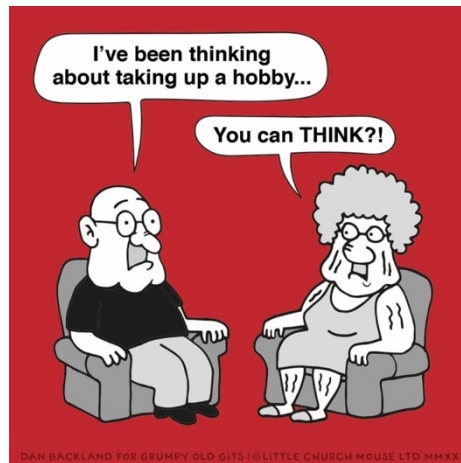


MAGGIE'S LOCKDOWN WALKS



Jokes and Thoughts

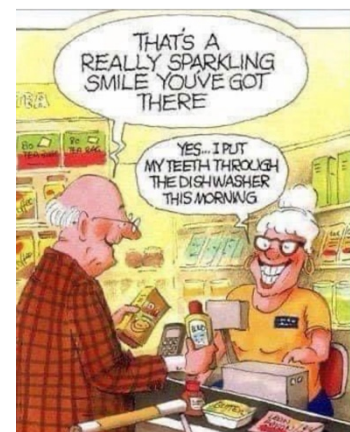
Thanks to everyone who contributed



. A man rushed into a busy doctor's surgery and shouted, "Doctor! I think I'm shrinking!" The doctor calmly responded, "Now, settle down. *You'll just have to be a little patient.*"

A sceptical anthropologist was cataloguing South American folk remedies with the assistance of a tribal elder who indicated that the leaves of a particular fern were a sure cure for any case of constipation.

When the anthropologist expressed his doubts, the elder looked him in the eye and said, "*Let me tell you, with fronds like these, you don't need enemas.*"



THE STORY OF A PAPER BAG

A little paper bag was feeling unwell, so he took himself off to the doctor's.

"Doctor, I don't feel too good," said the little paper bag.

"Hmm, you look OK to me," said the Doctor, "but I'll do a blood test and see what that shows, come back and see me in a couple of days."

The little paper bag felt no better when he got back for the results.

"What's wrong with me?" asked the little paper bag.

"I'm afraid you are HIV positive!" said the doctor.

"No, I can't be - I'm just a little paper bag!" said the little paper bag.

"Have you been having unprotected sex?" asked the doctor.

"NO, I can't do things like that - I'm just a little paper bag!"

"Well have you been sharing needles with other intravenous drug users?" asked the doctor.

"NO, I can't do things like that - I'm just a little paper bag!"

"Perhaps you've been abroad recently and required a jab or a blood transfusion?" queried the doctor.

"NO, I don't have a passport - I'm just a little paper bag!"

"Well", said the doctor, "are you in a homosexual relationship?"

"NO! I told you I can't do things like that, I'm just a little paper bag!"

"Then there can be only one explanation." said the doctor

"Your mother must have been a carrier"



FROM APRIL 1ST YOU WILL HAVE TO PAY TO HAVE YOUR GARDEN RUBBISH REMOVED.

This week is the last time you can sign up to the new charge for Green bins to take away your garden waste. Stratford District council will only collect your garden rubbish if you pay your annual fee up front. The annual charge is £40 per green bin.

To ensure that there is no disruption to your service, you will need to sign up by 18th March 2021 to allow time for your permit to be delivered. If you require any help to do this contact Peter.



A REMINDER THAT SPRING IS ON ITS WAY

Kim's Korner



Answers to last week's riddles

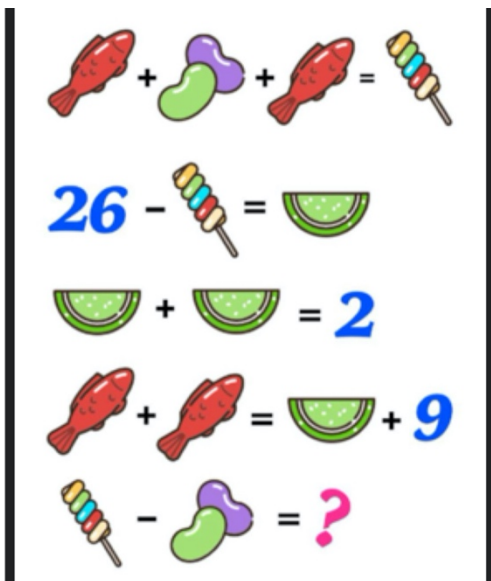
When you have me, you feel like sharing me, But if you do share me, you don't have me . What am I? **A SECRET**

What is light as a feather, but even the world's strongest person could not hold it for more than a minute . What am I? **A BREATH**

I never ask questions but am always answered. What am I?

A DOORBELL

FIND THE BUMBLE BEE



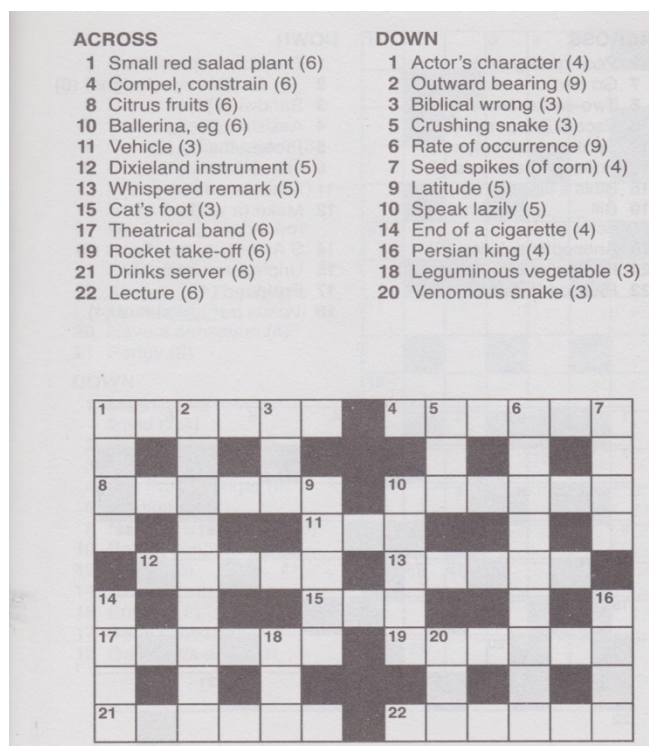
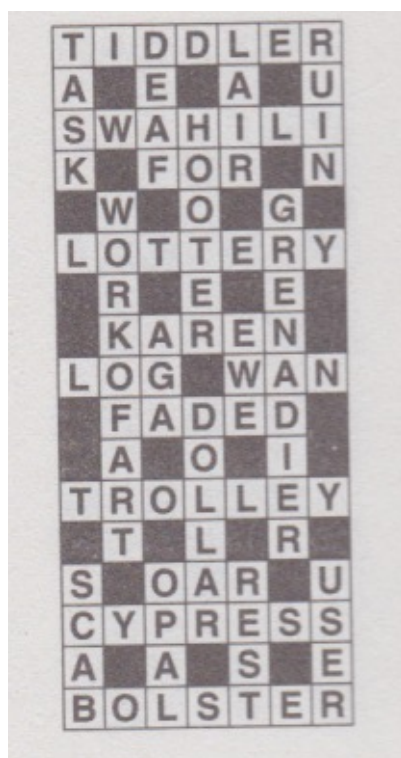
DON'T FORGET THE JIGSAWS
AND THE DVDS

HEARD ABOUT THE CENSUS – WORRIED ABOUT THE CENSUS!- LOOKING FOR HELP?

The Hub is an official help centre. We have trained advisers and a warm welcome to people without the means to complete the survey on-line. You can telephone for an appointment with an adviser any time, you will be given an appointment to either come to the centre, help with transport can be given. If you prefer a time when an adviser will telephone you, may be obtained and you complete the form together in total confidence.

SPECIAL TEL NO. TO RING IS DIAL FULL NUMBER 01564 314660. EMAIL: censushhcc@gmail.com

Crossword



LAST WEEK'S ANSWERS

Raise free funds for us every time you **shop online** through easyfundraising

Shop with over 3,000 online sites including:

amazon.co.uk John Lewis ebay M&S Boden GAP Sainsbury's ASDA Argos Booking.com DEBENHAMS Next Sainsbury's V.I.N.G. moonpig

[Find out more](#)

Support
The Hub@Henley
Community Centre Cio

When you shop at smile.amazon.co.uk,
Amazon Donates

[Visit smile.amazon.co.uk](https://smile.amazon.co.uk)

smile.amazon.co.uk



Need advice, help, or just a chat - phone Peter
07974573582. peter.crathorne@gmail.com

www.thehubathenley.com and click on the donate button.