



WELCOME

We can hardly believe the harsh level of lockdown imposed on our rural area. However, we have throughout seen ourselves as part of the huge warrior group doing our utmost to fight the silent killer circulating in our midst. As peter is now much better, the Hub team thought our contacts would enjoy a further opportunity to share ideas, challenges, thought provoking articles, entertainment and above the gossip. The team are hoping that more of our friends will feel they can contribute to each week's edition. The aim would be to create a pale imitation of our vibrant and enjoyable Thursday morning Club. Please think about helping. What have you been up to any photos of your craft work? What did you do on Remembrance Day? Have you a recipe to share? Alternatively sit down have a read and enjoy as we plan our Virtual Christmas.

24 hour service

NEED HELP OR ADVICE?

CONTACT PETER

MOB NO 07974573582

peter.crathorne@gmail.com

JOIN OUR MEET UP EVERY DAY

More and more people are joining in the daily virtual coffee bar. This will be a routine "check in" for a number of people who are isolating on their own. Between 11.00 am and 12.00 noon every day. Contact Peter and he will help you access this contact session. This is for those who are able to access Zoom; that is anyone with wi-fi a laptop, smart phone, iPad or desktop with camera and microphone.

You can also join by dialling in on your home phone. It is really easy. On your home phone call 0131 460 1196. And when requested enter 377 931 4064 followed by the hash key on the keypad of your phone. There you find us all to listen and add your comments.

This happens every day 7 days each week

CAILLIN'S CHRISTMAS CARDS

Have you heard about Caillin's new business? She is using her crafting skills to design and create handmade cards. Just now she is busy making unique and individual Christmas cards. There is a limited supply available. She also has a supply of birthday cards. she makes no charge as such but asks for a donation to help her purchase materials. You can contact her through the Hub phone Peter and I will pass a message on.

As Rachel remains in recovery after testing positive for Covid-19, both Jan and I are beginning to feel the benefit of a slow recovery. The absence of a full service to those registered with the Hub contact group is explained by key members of the team being laid low and then left with the after effects. The news that our county is placed in Tier Three seems to have had quite an impact on the inner resilience of our group. Many have expressed how surprised they were at their own reaction to the unexpected news particularly as many feel it is unjust as they have given everything required of them and more in the battle to curtail the insidious spread of this virus that we still do not fully understand.

Our spirits are raised by news of a successful virus killer, depressed by the uncertainty of its efficacy and then totally squashed by the Lockdown refreshed at a new and more telling level. Many of us will have felt the creeping gloom descend upon us, especially those who are in lockdown alone.

It therefore falls to the Hub team to reinvigorate their efforts to maintain those much needed channels of communication. We need more phone calls, more participants in the daily zoom call, an extension of the active support team led by the parish council so that all those basic essentials to physical and mental wellbeing are in place. What is amazing, given the pressures described above is how resilient we are becoming. We are strengthened by a determination not to be beaten down by everything that assails us from all directions. We are doing this as a team. Every phone call, letter, email, message, zoom call is providing a two way uplift to everyone who is taking part. For example, Jan and I have been supported practically and in friendship by so many people all of whom have contributed to our recovery. It is clear that this is multiplied many times across our group.

The Hub worries that we have, despite our heralded success, missed some people who are suffering in silence, excluded from the general wellbeing generated by this interactive group.

This week we are looking for everyone who reads this article to seek out another who might welcome some virtual human contact and offer it to them. The mechanisms are in place to provide help in every aspect of our challenging times. The Hub team just needs to know where and to whom it should be applied.

This is your mission should you decide to accept it then what seems like a Mission Impossible might become

Peter is your first point of contact.



How are your crafty ideas coming on?

Here are some hedgehogs created from old paper back books.

Don't they look wonderful.

Janet Hill is the person to speak to for how to do this. I believe she has a plan to turn books into Christmas trees. If you would like to have a go contact us.

ROGER TAKES US ON ANOTHER OF HIS SURREAL JOURNEYS THROUGH THE CRISIS.



News of a former prominent Henley resident

Readers will be saddened to hear that our very own Dr Oleg Strukhov has left Henley for good, to take up his new appointment abroad. How we shall fill that gap is uncertain. He has been offered the Milligan Chair at the Petrograd Institute of Applied Insanity, a post he is well fitted for. This globally acknowledged Institute is funded by the Max Wall Foundation, pledged to subvert political competence world-wide. Their recently issued pamphlet “Dictionary of Cretinous Platitudes for the aspiring Politician” has won wide acclaim.

His recent application to the UK Home Office was turned down on the grounds that they already had sufficient qualified incumbents. After a similar approach to P.H.E, a spokesman from Public Health England said little, but ZOOMed a knowing smile.

It has never been widely recognized, but during his time at the Dept of National Statistics, in his central role as Director of Dodgy Data, he formulated Strukhov’s Law, now pivotal in Govt statistics. For the layman, this law arose from his observation that there was a 99.95% correlation between those males dying under the age of 30, and their having 2 legs at the time. Accordingly, it is now strongly advised that all males under the age of 30, fortunate enough to have 2 legs, should report to the nearest Intensive Care Unit without delay. But further..

In reply to Peter’s letter of congratulation, he pointed out that his move to Russia was far from smooth. Under Covid restrictions, one can only leave UK on providing a “reasonable excuse” for travel: his “not liking Britain any more” was deemed inadequate. But resourceful as ever he secreted himself aboard a Whitby collier and made it under their radar unscathed to Murmansk, now under quarantine.

He reports: Petrograd Covid rules are strict: people may leave their homes, but must crawl on the pavements lest pilots of low-flying aircraft become infected.

Why this has not been insisted on in UK he cannot understand, it does raise questions! But here are parallels with UK :- e.g you will only be admitted to an A&E dept if the motorway bridge you impacted at speed had been sanitized AND you had booked 3 days in advance. Sound sense, he concedes. At that, your correspondent intends to retire to his bunker.

Editor’s Comment: if your brain is on this wavelength you have my sympathies but maybe you could also write in similar vein to cheer us up.

Sophie's section: shares some **positive** thinking.



Well, that's it then! Back to lockdown... Many of us may have found that lockdown the first time round was tough, but I'm a firm believer in learning to adapt so I want to help as many people as I can to discover what it is that helps them through these tough times; and before any of you decide that this kind of thing isn't for you, I urge you to give it a go, at least once, because what have you got to lose.

A study conducted by researchers at the University of Chicago found that anxious exam takers who wrote down how they were feeling before taking their exams had an increased chance of obtaining higher grades. If

we apply this to daily life, then the simple act of writing down a few words every day about how we feel, could lead to improvements in our wellbeing!

However, for the generation of "stiff upper lips" and "keep calm and carry on", this kind of activity may not feel like it suits you; but have no fear! This is not the only way we can help ourselves to feel better. Ask yourself this question: When was the last time you noticed something positive, no matter how small, about your day?

Last week?

Yesterday?

Last year?!

Having the ability to acknowledge the little positives in everyday will help to balance out the negatives you may notice without even realising. I'll start:

Today I managed to put a wash on, and I didn't dye anything pink.

Sophie is the Hub's Deputy Executive Officer working part time she is also a qualified counsellor.

How about inspiring others by sharing your daily note anonymously with Peter. We could surprise ourselves by what we achieve and how well we are doing. You can do this on your computer by using a free programme "Daily Jotter" download from your app store.



A letter written to the Medical Centre this week

The Henley in Arden Medical Centre

3rd December 2020

Dear Sir/Madam,

I write as a result of experiences while running the Covid19 Response Team for the Hub.

It has come to our attention that the surgery no longer treats patients requiring attention to the wax in their ears. Most of our clients are elderly and a significant minority use hearing aids. For example, we are supporting a 92 year old gentleman who is profoundly deaf. He has been told to travel to Stratford upon Avon to get treatment that has been previously provided by a nurse at the surgery. This journey is impossible for him and the fact he cannot be treated at the surgery has created much stress and worry for him. We were shocked when another of our elderly ladies who also lives alone, recently had hip surgery and cannot walk very far without assistance was given the same instruction. We are thinking that there are a number of other patients affected in the same way.

Henley has an elderly population a significant minority of whom use hearing aids and often require attention to ear wax. These are the very people who are suffering loneliness, anxiety and worry during the Covid 19 Lockdown. The Hub works hard to alleviate these situations by maintaining regular contact and co-ordinating practical responses with the parish council. At a time when these members of our community need every aspect of support the community can muster we find it puzzling and distressing that the Medical Centre is adding to their stress and worry by removing this important service.

On behalf of those who use hearing aids and have in the past been very grateful to have their ear wax removed by the nurse at the surgery to help them with their hearing we ask that this treatment is reinstated.

Yours faithfully



Above is a copy of a letter written to the Henley Medical Centre hopefully you will agree with Peter and if so, perhaps you would consider adding another similar letter supporting this campaign to restore a much needed service to the medical Centre.

For DVD's Check the list in previous editions and book by phoning Peter. We have about 50 in Stock.

FANCY USING YOUR KNOWLEDGE TO HELP THE YOUNGSTERS?

In January we are re-launching a project called "Generation X". This brings together the older and younger generations. Using Zoom video conferencing the Hub will recruit representatives of both the generations to come together, moderated by Rachel for the young people and Peter for the older ones. The young people will be asked to prepare interview questions to discover what life was like when the oldies were young. Part of the work will look at life in World War Two for children and life during the Covid-19 lock down. The interviews will be edited together to make a film published on YouTube. Volunteers with access to Zoom please contact Peter.

bag o' books.....

There are shopping bags of books that can be delivered to your doorstep. You look through these make your selection and the bag is collected from your doorstep later in the day.

THIS IS THE FUNDRAISING SECTION.

THE CO-OP CHOOSES THE HUB AS ONE OF ITS CAUSES FOR THIS YEAR.



This started on 25th October 2020 as a Co-op card holder you can opt in to raising funds for the Hub. As you register your card or scan your QR code every time you shop funds are generated for the Hub.

You will be helping to provide up to £5,000 of much needed funds. This will help the Hub in its determination to replace the £18,000 cut resulting from a decision by the parish council earlier this year. Thanks to the tremendous support of the local community who have responded by increasing their personal giving the fund raising for this year is creeping up to the amount we were planning to raise before the parish council's decision. This week we have put in an application for £25,000 funding towards our planned expenditure of £77,000 in the financial year 2021-22.

When you buy selected Co-op products and services, 2p for every £1 spent goes into your membership account. And we'll split the same between like-minded organisations and local causes.

You can select a local cause you would like to support. If you do not select a cause to support, we'll share the funds you raised equally between the 3 causes in your community. We give you a new set of causes to choose from every October. You can change the cause you support at any time. Please go on line to your co-op Account and opt into the Hub we need your support.

Some of you will be buying more online. If you register with both of these donation sites you automatically raise money for the Hub. This is a no cost to you, way of raising funds, follow the links above.

Since the closure of the Hub our weekly income has reduced from £250 - £300 per week to zero. While we are not spending quite as much we do need to raise as much money as we can. Especially as the parish council has withdrawn £5,250 pounds of funds it promised to the Hub in April this year.

DIRECT DONATIONS

IF YOU PREFER YOU CAN MAKE A DIRECT DONATION INTO THE HUB BANK ACCOUNT. YOU CAN ALSO VISIT THE WEBSITE AND CLICK ON THE DONATE BUTTON

HUB@HENLEY COMMUNITY CENTRE CIO, BARCLAYS BANK SORT CODE 20-48-08. ACCOUNT NUMBER 13645835 PLEASE MAKE YOUR NAME THE REFERENCE.

If you pay tax the smallest amount attract Gift aid and the Hub can claim back 25p for every pound donated. For regular payments ask Peter for a Standing Order Form.

**Support
The Hub@Henley
Community Centre Cio**

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

Visit smile.amazon.co.uk

smile.amazon.co.uk

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 viking moonpig

Find out more

easyfundraising.org.uk