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Bucks Council & Lockdown:

<http://bit.ly/3s5XKta>



@HughendenStreet



HELPLINE: 07392 683500



Hughenden Newsletter

Find us on Facebook: <https://bit.ly/2PNqQfg>

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The Hughenden Street Association vision:

For community life in Hughenden Parish to become better connected, supportive/supported, stronger and friendlier so that all residents are involved in it to the level they desire. This means working to create safer and connected communities encouraging residents to identify the needs of their neighbours to help them engage in the community. The Association has a key role to play in helping develop links to existing facilities whilst also working to support community groups to reach out to as many residents as possible.

So much has been achieved by the Street Association with more still to do together. Take a look: <http://bit.ly/2Skst40>

Become a Scam Marshal



Friends Against Scams have created a role for anyone who has been targeted by a scam and is keen to take a stand against it happening to anyone else. Scam Marshals do this by sharing their experiences, helping others to report and recognise scams and sending any scam mail they receive to the NTS Scams Team thereby providing evidence in future investigative and enforcement work. Over 1800 people have signed up. If you fit the profile then why not sign up? Follow the link to find out more: <http://bit.ly/3pKW85L>

LEAP online training to help people stay active

Free online training is being provided by **LEAP** to help volunteers and anyone in a resident facing role (council or charity) to promote the benefits of being physically active. As the organisers say: **'Being physically active has never been more important. We can all play a role in encouraging and empowering others to become active. Whether that's through signposting to resources, talking about the benefits, or simply encouragement'**.

The course will promote the benefits of being physically active National guidelines and practical tips Signpost key resources, and Explore how to have a positive conversation about being more active.

Participants will receive a Certificate and a digital resource pack. To find out more, contact Casey.Dunlop@getberkshireactive.org.

Now available: the **LEAP Home Well Being** activity packs are now available. If you have not ordered yours yet then contact Stan Jones to arrange to collect your copy. Email: stanjonestheelectric@btinternet.com or phone **07392 683500**

Covid19 vaccination centres



You can now easily find out your nearest vaccination centre – as the crow flies- by clicking on this link: <http://bit.ly/> As you will know the current group to receive the first jab are;

- ✓ Aged 60+
- ✓ Anyone who has received a letter saying that they are 'clinically vulnerable'
- ✓ Is an eligible frontline health or social care worker
- ✓ Are in receipt of the Care's Allowance.

Spotlight On: Virtual Memory



'Now I know that I am completely normal and not thick or stupid because I can't remember everything'.

This quote is from someone who attended a Memory Information session. Educating people about the memory, how it works and the difference between normal memory loss and dementia can really help people. A series of Virtual Memory Information sessions have been arranged and can be accessed from a computer, tablet or by calling in using a landline. The session will include:

- Helping you understanding how your memory works and what may be happening when it is not working as you would like it to be.
- Discussing memory problems, tips and coping strategies to help with independence and confidence.
- Learning what you can do to promote good memory.
- Signposting to other services and organisations where you can get help.

Dates:

Tuesday 16th March ,10am – 12pm

Tuesday 4th May, 10am -12pm

Tuesday 8th June, 2pm – 4pm

To register your interest:

Email: angela.walsh@alzheimers.org.uk

Call: 01296 331749

Do pass this information on to anyone you know and if you are asked where you found out about the sessions do mention Hughenden Street Association!

An attendee commented: **'I found I am not the only one who has memory problems! The tips and suggestions are also very helpful'**. Another added: **'...I will definitely be trying different approaches and changing my behaviour to make things better'**.

One Can Trust. Don't forget to check the weekly shopping list: <https://bit.ly/3dmopv1>

Contact the Editor

Email: Hughendensa@gmail.com or call: 07808 229476



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