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Bucks Council & Lockdown:
<http://bit.ly/3s5XKta>

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Hughenden Newsletter

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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>

Scam Champion: City of London Police



The **City of London Police** (CLP) has published useful information on their website - <https://bit.ly/3lRezp1> - about **banking, telephone and email scams**. There is also useful information about **ATM/cash machines** and urge people to regularly check their bank statements. Another topic is investment scams and pension fraud. The world of investments is extremely vulnerable to fraud according to CLP.

Many emerging markets are **unregulated** and it is difficult for authorities to enforce good, ethical working practices. They type of investments can include **carbon credits** and **alternative energy technology**. Both are particularly appealing as we seek to improve the environment and make better use of sources of power.

In the most common scams, fraudsters:

Cold-call their victims by phone and pretend to be from an investment company. They try to sell investments in **emerging markets** they claim will lead to financial gains higher than the rates of established investments like ISAs. In reality, the item offered may not exist or is worthless.

Often the scammers give details you might think only a genuine investment company will have. **They may have details of investments you've made, shares you hold and know your personal circumstances.**

Remember, the scammers do their homework:

- They make it their business to know as much about you as possible.
- They'll often call you a few times to form a friendly relationship. If you respond in any way, they'll keep going, trying to build trust and persuade you to part with your money.

If they get money from you, they'll probably call again to persuade you to 'invest' more money, perhaps in a different commodity.

Finally, the Police advise that you should always seek independent financial advice before investing and check with the Financial Conduct Authority to see if the company is registered. Don't just rely on Companies House data.

FCA: www.fca.org.uk

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



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Spotlight On: Sitting Less, Moving More

The impact of the pandemic upon health within the UK is revealing some startling statistics:

Being active– down by 30%
Time spent sitting – up by 30%



Across Buckinghamshire 38% of residents are exercising less whilst 44% felt that exercise was useful during the Lockdown. There is a clear 'disconnect' between these two groups. **Buckinghamshire Council's Active Communities** team is determined to encourage more residents to regularly exercise. The first campaign is about '**sitting less, moving more**'.

Did you know?

You use 100 muscles to stand up?

Standing 3 hours more a day = living 2 years longer and burning up to 30,000 calories a year! Incidentally, 20 steps equates to one calorie being burnt!

Interesting fact

Moving more requires no equipment or facilities, it is accessible to all and can be done daily!

The NHS recommends 150 minutes of regular exercise each week, and to reduce the amount of time we sit. Research is on-going and the UK Chief Medical Officers recommend breaking up long periods of sitting with activity for just 1 to 2 minutes. During lockdown we have been spending more time perhaps watching tv and using technology to keep in touch. Now is the time to be gradually more active – a sudden burst for a week or so is probably not sustainable. Building up gradually makes sense.

NHS advice on sitting less includes setting a reminder every 30 minutes to get up or perhaps walk around when you are on the phone (Editor's favourite!) For more information: :

<https://bit.ly/3fxFipK>

Buckinghamshire Council: Useful Links Week 1

Over the next few weeks we will be sharing some useful links to build **Street Reps** knowledge of the support that is available Spread the word!

Struggling with debt: <https://bit.ly/39UffoT>

Alcohol awareness: <https://bit.ly/3uBs2V4>

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