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NW Chilterns Community Board: <https://bit.ly/3h1LFSk>



@HughendenStreet



<https://bit.ly/2PNqQfg>



HELPLINE: 07392 683500

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Hughenden Newsletter

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

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>

Stoptober is almost here

Stoptober is a [Public Health England \(PHE\)](#) initiative that encourages smokers to abstain from smoking for 28 days in October. The [28 smoke-free days](#) are based on the statistic that if you can quit smoking for 28 days, you are 5 times more likely to quit permanently.

PHE Director for Health Protection and Medical Director, Yvonne Doyle, stated:

"Giving up smoking is the best thing a smoker can do for their health and it can also help save money in just 28 days smokers will start to notice so many benefits."



Stoptober's free quitting help includes:

- ✓ A personal quit plan
- ✓ Stoptober online communities
- ✓ Daily Emails
- ✓ Facebook Messenger Bot
- ✓ The Stoptober App

<https://thestoptober.co.uk>

The Environment: Climate Change

This is a serious issue for us all. HSA is delighted to announce that we will be working with the Hughenden Valley Climate Change Group to promote this topic.

As you will know, the UK is hosting the COP26 conference in Glasgow at the end of October. It is certainly going to be interesting as you only have to look around the world and closer to home to see that there are some serious challenges for us all. Also, interesting to see that the UK is working in partnership with Italy to deliver COP26.

The local environment is a key priority for HSA. There are many small things that we can all do that will make a real difference. In a recent newsletter we promoted the positive ways and benefits of repairing and reusing household goods, not least the green job opportunities it would create.

Zero Waste Week 2021 was earlier this month and HSA will be working with local groups to explore what we can do to celebrate this week in 2022. What can YOU do to help? Contact the editor using the email address below.

PS. Buckinghamshire Council won an award for its **Zero Waste Map** as the '**Best Local Authority Recycling Initiative**'. WELL DONE EVERYONE INVOLVED! View the map [HERE](#)



Back Care Awareness Week, 4th – 8th October



With an estimated 540 million people in the world suffering with low back pain at any one time, It remains one of the leading causes of years lived with disability, and the biggest single cause of disability on the planet today.

It will therefore come as no surprise that it is also the largest cause of work absences, accounting for more than 12 million days lost every year in the UK, alone. Back pain presents a major challenge to health systems and employers alike, and costs the National Health Service and the UK economy billions of pounds every year. It leaves those suffering with back injury in pain.

Back pain is a pain. But so many back injuries are avoidable and [National BackCare Awareness Week](#) – beginning 4 October – aims to set the record straight about protecting our spines, to enable more people to lead active, pain free lives.

Don't forget.....

Wednesday 6th October is an important date in the diary.

Our first '**Coffee and chat**' is taking place at the café in Morrisons between 10-11 am. And someone will do your shopping while you relax and chat! Just turn up and order your refreshments.

Have you booked your place for our **Pub Lunch** at the Harrow in Hughenden Valley? It promises to be a great opportunity to catch up with friends as well as a chance to make new ones! Contact Anne Smart, 07970 037419



Thought for the week:

Remember to be kind to each other, even during stressful times #fuel

Contact the Editor

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