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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>

Friends Against Scams– what's new?

Trading Standards in Hertfordshire are warning residents to be alert to 'unscrupulous companies' targeting residents with spray foam insulation at inflated prices. Scammers are using databases of potential victims in their 70s and 80s. Sending commission-only salesmen to the residents home, often pretending to be a qualified surveyor.



Click [HERE](#) to read the full article from the Hereford Times

Neighbourhood Watch Update: 'Say No To ASB'

According to NHW 45% of people say Anti-Social Behaviour (ASB) is a problem where they live. 56% of those who had been a victim of or witness to ASB did not report it to anyone. To find out more about this campaign click [HERE](#)



Cathi's Sit and Sew Group

The **Great Kingshill Craft Fayre** held in memory of Cathi Grainger was a HUGE success, raising £1001.65 for the local Parkinson's UK Group. Well done to everyone who made the event such as success: organisers and attendees!

The **Sit and Sew Group** meets on the 1st and 3rd Mondays of the month, excluding December between 1.00pm and 4.00pm. Around 6-10 residents attend with a range of skills including sewing, embroidering, cross stitching, rug makers, knitters and crocheters. From time to time there are opportunities to develop further skills. E.G the group have learned how to make purses and paper crafts. This is a great community-led group and provides the opportunity to have a natter over a cuppa. It costs £3.50 per session – hall hire and refreshments. Contact Tricia Lockhart to find out more: 01494 714764 or patricia.jane.lockhart@gmail.com

International Stress Awareness Week, 1-5 November 2021



We know what it is like to feel stressed and being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental health problems or make existing problems worse. On Stress Awareness Day we will be highlighting the ways that stress can affect people and what you can do to manage your stress before it becomes a problem. (Source: Rethink Mental Illness)

Millions around the UK experience stress and it is damaging to our health and wellbeing. For example, at some point in the last year, 74% of us have felt so stressed that we have felt unable to cope (Mental Health Foundation).

Stress is the feeling of being under too much mental or emotional pressure. When you are stressed, your body releases stress hormones such as adrenaline and cortisol.

Stress is your body's reaction to help you deal with pressure or threats. This is sometimes called a "fight or flight" response. Your stress hormone levels usually return to normal once the pressure or threat has passed.

There are support groups and activities across the county aimed at helping people cope with stress. The [Bucks Directory](#) is a useful place to start. Also, see previous HSA newsletters for tips and suggestions.

There are ways to cope effectively with mental health issues. **Rethink Mental Health** as lots of information. Click [HERE](#) to find out more or scan the code



Rural crime update Click [HERE](#)



Don't forget.....

St Michael's & All Angels: **Remembrance Sunday, 14th Nov**
9.00am Matins
10.50 am Combined Act of Remembrance in Churchyard
11.15 am Holy Communion
6.00 pm Evensong

HSA in partnership with **Morrison's** supermarket continues the **Coffee & Chat** each Wednesday between 10 and 11am why not come along next week? Have your shopping list ready as there will be staff on hand to shop while you chat! No need to book, just turn up.

Countryside Alliance Rural Crime Survey 2021 closes on Monday 8th November. Take part [HERE](#)

8th December: **RAF Christmas Community Fayre**. Click [HERE](#) for more information

Light up Hughenden 2021!
How are your plans coming along?

Contact the Editor

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