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NW Chilterns Community Board: <https://bit.ly/3h1LFSK>



@HughendenStreet



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



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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>

Live Well, Stay Well Campaign

A key element of the HSA is to promote health and wellbeing. This was particularly important during the pandemic however it is equally important as part our daily lives going forward.



Public Health England has an amazing campaign to 'Live Well Stay Well' which is being promoted by Buckinghamshire Council and the local NHS. HSA will be highlighting some key elements over the next few weeks building on previous promotions in this newsletter. Over the next four weeks we will highlight:

- Stress management
- Weight and healthy eating
- Children's health
- Next steps to integrate living well staying well.



Feeling stressed, worried, or low?

We can all feel stressed, worried or low at times but sometimes the problems get worse and affect our day to day lives. You may feel alone or panicky, find yourself crying more than usual, find it difficult to do your job or get pleasure out of anything.

Many people who experience these problems and feel this way have found that, with the right help, there is a lot they can do to feel better.

You will find useful online resources, information and advice to help support improvements to your mental wellbeing.

Live Well Stay Well can offer you the support and motivation you need to find the best service for you to help you improve your feelings of wellbeing. Then you can refer yourself to the service you choose and **Live Well Stay Well** will stay in touch throughout your programme, to find out how you are getting on and offer any extra support you might need. There is even a service you can be referred to if your Long Term Health Condition is affecting your mental wellbeing.

Click [HERE](#) for some helpful FAQs.

Surveys – have your say

Finding out what residents think about various services is very important. Here are a couple of current surveys:

Dementia magazine: <https://bit.ly/3J9JZNT>

Neighbourhood Watch: <https://bit.ly/37DlqPo>

Countryside Classroom

A great way to connect schools with food, farming and the natural environment – right up our Street!



COUNTRYSIDE CLASSROOM
Connecting schools with food, farming and the natural environment



We came across this fantastic resource recently and would urge teachers, parents and anyone involved in education (pretty much everyone at some stage!) to take a look at this website. Take a peak [HERE](#).

There is also a link to send in contributions by organisations and individuals. Find out more [HERE](#).

Why not follow on Twitter? @CountryClassm.

Spring Crime: Keep your Shed and Tools safe

- ✓ Clearly security **mark** all tools with your house number/ name and postcode
- ✓ When you are finished with your tools, **lock** them away in your shed
- ✓ A ladder left out can be used to break into your house.
- ✓ Use a good quality **padlock** or mortice lock on the door of your shed
- ✓ Make sure your windows, hinges and hasp fittings are strong, as this can often be an entry point
- ✓ Fit **external motion activated security lighting**
- ✓ If your shed has a window - **cover it up** / obscure the view

Don't Forget.....

1st May is World Laughter Day. Join in the giggles [HERE](#).

30th May – 5th June is Neighbourhood Watch Week. Lots of information and events – virtual and in person – are being planned across the region. Click [HERE](#) to find out more.

Book NOW for 'Open Farm Sunday' on **12th June** at Road Farm Countryways. Always popular. Check website for details – nothing posted at time of printing.

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