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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 HSA 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 HSA 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.



As was mentioned last week HSA is promoting an important Public Health England campaign 'Live Well Stay Well' and this week the focus is on weight and healthy eating.

Dementia Action Week: 16 – 22nd May 2022

Dementia is not an inevitable part of ageing. It is a disease like many others and at present there is no cure.



HSA promotes the work of **Wycombe District Dementia Action (WDDA)** and its volunteers are running some promotional events locally including: a stand at **Morrison's** supermarket in Temple End, High Wycombe on **Wednesday 18th May** and at **High Wycombe Library** on **Saturday 21st May**. WDDA is working with the local **Alzheimer's Society** to raise awareness about this disease and to help signpost residents to local support. **Alzheimer's Research UK** is also working with WDDA to increase understanding into dementia which can affect anyone regardless of age. It is not an inevitable part of getting older.

Why not go alone to one of the events to find out more?

Hughenden Valley Climate Group DISCOVER **wildlife**

The Group is promoting 'No Mow May'.

Since the 1930s, nearly 7.5 million acres of flower-rich meadows and pastures have been lost. This has a cascade effect on our wildlife, with fewer pollinators and fewer insect-eating birds.

However, you can help – by doing nothing this May! Take a break from your regular lawn mowing schedule, and help your local wildlife at the same time. Click [HERE](#) to find out more.

Changes at Buckinghamshire Council



We are delighted to confirm that after a review of the current Community Board structure by Bucks Council that Jackie Binning will continue to be the North West Chilterns Co-Ordinator. HSA has developed strong links through Jackie to the Board and other local organisations.

Don't Forget.....

NAWA Litter Pick, 21/22nd May. Details to follow but do pencil in the date in the diary!

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.

Contact the Editor

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



Having a healthy diet and keeping fit and in good shape is important for your overall health and well-being. It helps to reduce the risk of certain conditions including heart disease, stroke, some cancers, diabetes and osteoporosis. Ultimately, healthy eating helps you to feel great, have more energy and stabilises your mood. It is recommended that men have around 2,500 calories a day and women should have around 2,000 calories a day.

Top Tips for Healthy Eating

- Keep hydrated. Aim for 6-8 glasses of water per day
- Start your day with a healthy breakfast
- Fill up on fibre, to feel fuller for longer
- Aim to eat 5 portions of fruit and vegetables a day
- Only weigh yourself once a week

Here are some useful links to healthy eating:

Eat well guide: <https://bit.ly/381LPHP>

One You – lose weight guide: <https://bit.ly/3OWRTBT>

Sugar Smart: <https://bit.ly/3MUOhyN>

Don't forget there are plenty of other resources and guides on the Live Well Stay Well [website](#).

Next week the focus will be on **children's health**.

