

In this issue:

- Live Well Stay Well campaign
- Go beyond 'No Mow May'
- iPhone Walk Through Dementia
- Don't forget



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



@HughendenStreet



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



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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 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

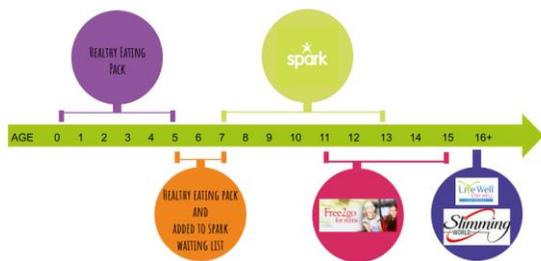
A key element of the HSA is to promote health and wellbeing. This was particularly important during the pandemic however it is equally important as part our daily lives going forward.



This week's theme of the 'Live Well Stay Well' campaign is **children's health**.

Good eating habits start at home. Lighting the spark about the importance of what we put in our bodies will set our children on the right path. A special programme has been created – SPARK – to support families navigate the challenges of eating well to stay well!

SPARK is a 12-week group programme for children aged 7-13 and their families. The programme consists of fun games and activities helping families make small changes for a **BIG** difference. You will learn how to make healthier food choices and how to achieve and maintain a healthy weight, whilst becoming more active. Find out more [HERE](#).



In these days of easy food delivery and busy lives it is too easy to food that we love which may not be good for us if eaten on a regular basis. Teenagers can be hard to please and this is where **FREE2GO** can help. It helps encourage a step-by-step reduction of less healthy foods like burgers, chocolate and confectionery. Check [HERE](#) to find out more.



Go beyond 'No Mow May': a call to action!

A resident has been in touch asking that we share this important message:

"Bees die from starvation in June as that is known as the June gap because all the Spring flowers have died off and the Summer flowers haven't started. Years ago this didn't happen because farmers would grow 'green manure' plants like Phacelia which the bees could forage on during this gap in their feed source.

It would be so helpful to the bees and other pollinating insects if you put out a request for everyone to 'Jump June' and don't Mow till July or even better, until after all the wild flowers have finished setting seed!

Save the bees and save the planet!"

iPhone Walk Through Dementia

Understanding dementia is crucial as this disease will directly and indirectly affect all of us. An app has been developed for iPhones as part of the conversation and has been receiving very positive responses:

"Insightful

This was an eye opener of an app. It made me realise what life was like for both of my biological grandmothers and my step grandmother who all sadly had dementia and are now deceased. Thank you to the developers for making an app that increases awareness. It could be viewed as a bit upsetting but sometimes you have to tell it as it is. So I'm glad this app is available and the fact it's completely free and doesn't have ads is much better."

Click [HERE](#) for the link

Help to shape **Neighbourhood Watch** by taking a few minutes to complete this [survey](#). YOUR views matter!

Don't Forget.....

16th -22nd – Dementia Awareness Week. See last week's newsletter for more information.

20th May – the Dementia Interactive Awareness Experience will be in **Princes Risborough**. Click [HERE](#) for more information.

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

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