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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

Looking after ourselves is our responsibility and there is plenty of support available to help us. Eating well and getting enough exercise is not always easy particularly as the cost of living is going through the roof.



### Mental Health First Aid

It is good that an increasing amount of attention is being given to mental health. The Covid19 pandemic threw the appalling lack of support into sharp focus and it is encouraging to see more resources being developed to support people and their families living with mental health issues. The topic knows no bound: it can affect anyone.

Lockdowns, social distancing, working from home, furloughs and job losses - the pandemic has put an extra strain on people's lives, relationships and mental wellbeing.

According to a study by the Mental Health Foundation published in February, anxiety and worry because of the pandemic actually declined, as people became more hopeful about lockdowns lifting. But amongst vulnerable groups, there are still high levels of anxiety.

Would you know if someone is struggling with their mental health?

Would you know how to help?

An interactive tool is being promoted by **Mental Health First Aid England** to explore this topic. Click [HERE](#) for the link.

### Help is at our fingertips

A series of apps have been developed to help improve many aspects of our wellbeing. They include:



Click [HERE](#) to see the full range of available apps

### Would you like a FREE Health Check?

**Hughenden Street Association** is asking local residents to complete a short anonymous questionnaire to help determine interest in organising a health check 'pop-up' in Hughenden. It is important that there is a good level of demand as the event requires staffing and room hire. If you would like to get a free health check click [HERE](#). No personal data will be collected or stored. If there is sufficient interest details of the event will be promoted via the Association. Many thanks in advance.

You can find much more information and support on the Live Well Stay Well Bucks website. Click [HERE](#).

### Jubilee Celebrations – 2 and 3 June 2022

There won't be a newsletter next Thursday as everyone will be relaxing and taking advantage of the (very) long Bank Holiday Weekend. However you spend the time Hughenden Street Association hopes that you have a fabulous time and that the weather is great!

### Thames Valley Residents lose over £1,000,000 to fraudsters

In 2021 alone, **181** Thames Valley residents reported a courier fraud with total losses of **£1,506,131**.

Typically, courier fraudsters target their victims by claiming to be a police officer or a member of staff from a victim's bank and they often pressure people into making quick financial decisions to assist with fictitious investigations.

The warning comes as a new list of tactics used by courier fraudsters has been unveiled by the **City of London Police** which encompasses the National Fraud Intelligence Bureau (NFIB). An analysis of data from the NFIB has highlighted four modus operandi (MOs) which are now more commonly being used by fraudsters.

For advice on how to reduce the risk of being defrauded and how to report it (which is SO important) click [HERE](#)



### Contact the Editor

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