

- Spotlight on 5 signs of loneliness
- Survey: have your say
- Covid19, the Vaccine & what we need to do...



Bucks Council & Lockdown:  
<http://bit.ly/3s5XKta>

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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 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>

## Have your say: Automatic Number Plate Recognition Survey (ANPR)



Thames Valley Police would like your views on this tool which is most commonly used to alert officers to stolen vehicles, vehicles that have been involved in a crime or to help locate missing persons. The data collected can also be used in investigations and there are strict codes of practice. Follow this link to a short video produced by West Midlands Police showing how they helped locate a missing person:

<https://bit.ly/37qmilk>

To complete the survey click here: <http://bit.ly/2N9TYzG>  
 Your input will be appreciated and it only takes a few minutes.

## Scam Champion:



The message this week is to continue to remain vigilant and check previous newsletters for advice.

## Covid 19, the Vaccine and What We Need to Do

It is great to see the roll out of the vaccination programme not only across Hughenden but the wider county. 15+ million people have now received their first jab however we must all remain vigilant. The principles of staying safe by wearing a mask in public places and keeping our distance must remain in place regardless of what the Prime Minister announces later this month. Of course we all want a return to 'normality' however it is certain that it won't be back to the way things were pre-pandemic. It simply cannot be. Scientists are vigilant regarding variants and the Government recognises that the NHS has taken a real pounding and yet remains resilient.

The despatch of rapid coronavirus tests beginning next month will allow twice-weekly testing of people **WITHOUT** Covid19 symptoms for up to 2/3<sup>rd</sup> of England's population.

At the same time researchers are advising the Government to add fatigue, headache, sore throat and diarrhoea to the current symptoms which trigger a Covid test (cough, fever or loss of smell or taste). The research carried out by **King's College London and the Zoe Symptom Study app** suggests that by including these symptoms could result in an additional 40% increase in the number of cases being diagnosed.

To read the full **BBC News** article click:

<http://bbc.in/37qwUUd>



## Spotlight On: 5 signs of loneliness

According to [The Mental Health Foundation \(UK\)](#), people who experience greater social connections with family, friends, and even strangers, are more likely to live healthier, longer lives and avoid developing mental health issues, such as Alzheimer's and dementia. This is even more important as we age. With many elderly members of our society at significant risk of isolation, now more than ever, here are five signs that someone you love might be experiencing the devastating effects of chronic loneliness:

**Habits and hobbies take over.** Of course in and of itself occupying oneself with interests is not a bad thing – we all sometimes need to feel 'busy' however things can take over. For example, online buying might get a bit out of hand: 'it was a bargain' even if we don't need it. Other activities may suffer such as self-care.

**Becoming more withdrawn.** This can be very subtle over time. A person feels that loneliness is their life now. The issue here is to balance a sense of independence – which we all have – and a desire not to 'bother others' with genuine feelings of low self-worth and a sense of having nothing 'interesting' to talk about so why bother?

**Sleeping – a lot.** Social interaction helps to keep us active and mentally and emotionally fulfilled. If we have long periods on our own we might 'shut down' and find ourselves sleeping more and often badly as we seek to pass the time. A poor sleeping routine is not always easy to break free from.

**Personal hygiene.** Someone feeling lonely and 'not worthy of attention' may simply not bother to look after themselves. Add any physical difficulty and the issue can be exacerbated.

**Weight loss, nagging headaches, and persistent illness.** Someone who is not motivated to look after themselves can often feel that eating well is too much like hard work and why bother. This is particularly damaging in elderly people and the NHS has launched a campaign of healthy eating and exercises that can be done at home. A lack of proper nutrition – see last week's article on Food Citizenship – coupled with dehydration can lead to weight loss, headaches, low blood pressure, fatigue, confusion and dizziness. Our bodies also become less able to fight off minor ailments, such as colds.

**Hughenden Street Association** and its community partners are here to help. It may be that a weekly phone chat can make all the difference or regular email – just let us know what would help if you are feeling lonely.  
 Email: [Hughendensa@gmail.com](mailto:Hughendensa@gmail.com) or call our **helpline**: 07392 683500. All in confidence of course.

**One Can Trust.** Don't forget to check the weekly shopping list: <https://bit.ly/3dmopv1>