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Bucks Council & Covid 19:  
<https://bit.ly/2FKYDUV>



@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>

### Scams Champion: Sling Your Hook!



What a great slogan created by Neighbourhood Watch! Looking into the psychology used by scammers the team has created 5 tactics to look out for. The underlying message is the same: if it does not FEEL, SEEM, LOOK or SOUND right, allow yourself time to trust your gut instinct – STOP and THINK..

#### Reciprocity

*They imply they're doing you a favour*



#### Social proof

*They indicate everyone else is doing this*



#### Urgency

*They say your only chance is to act now*



#### Connection

*They act like they're similar to you so you like them and want to please them*



#### Commitment

*They ask you to do one little thing which makes you do more*

### Map your log pile



The **People's Trust for Endangered Species** is running an interesting survey. Looking at their map no one in the Hughenden area has taken part. Something for the children over the summer, surely?

Click on the link for more details: <https://bit.ly/3kbSdzS>

### Rural mobile coverage – Government survey

A chance to tell the Government what you think of mobile coverage in Bucks!

Click on the link: <https://bit.ly/3xF0yQt>



St. Michael & All Angels  
CHURCH IN THE PARK | LIVING, LOVING, SERVING



### Spotlight On: 'New Vulnerable'



The **Covid 19 Public Health High Wycombe** group has identified some interesting evidence of the non-medical impacts of Covid 19 and is planning appropriate support to help. This includes the **'New Vulnerable'** who:

- Never had financial problems before – just about managing but on furlough or lost/reduced income and now struggling;
- Seen as asset rich but revenue poor;
- Never claimed before, not used foodbank before, used savings, but now there is no fall back, getting to the end of redundancy/savings; and
- Some shielding are concerned about returning to work and employers unable to continue to be flexible, statutory sick pay will end and anxiety around managing if unemployed through being unable to shield.

More information can be found on Buckinghamshire Council's YouTube channel

### NHS: Never too young to make exercise a daily routine



#### How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- ✓ aerobic exercise
- ✓ exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity.
- Aim to spread activity throughout the day.
- All activities should make you breathe faster and feel warmer

For more guidance click on the link: <https://bit.ly/3hyu7O8>

Don't forget: the **Widmer End Scarecrow Festival** is in full swing and well worth a visit. It ends this Sunday (18<sup>th</sup>)

### Contact the Editor

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