



# Guideposts

Here for You  
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Connecting you to  
your community

ISSUE 2

SW HERTS NEWSLETTER  
April/May/June 2021




## CONTACT US

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Artwork by  
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 **@GUIDEPOSTSUK**

 **@GUIDEPOSTSUK**



## Update on Our Services

We are gradually coming out of lockdown. Please look at Page 12, which details the current Government 'Roadmap Out of Lockdown'. Do keep an eye on the news or social media, for any changes to this plan.

Staff have continued to offer support by phone, by email/online or in arranged 1-1 meetings. We have shared advice, listened, offered help and tried collectively to get everyone through this continuing situation. The vaccine gives us all renewed hope of a return to normality in 2021. Many of us have had the first and possibly second vaccine by now.

We will be starting some of our centre based/outreach groups in May. Staff will be in touch with any start dates. The 'Sow and Grow' Allotment Group will restart on Friday 7<sup>th</sup> May from 10am – 12 noon. Lin and Jane plan to have a 'Walk and Talk' Group in South Oxhey from Thursday 13<sup>th</sup> May. Please get in touch if you are interested in joining any of our groups.

We will continue to have quite a few 'virtual activities' via Zoom – Relaxation, Lifestyles (healthy eating and being more active), Tea & Biscuits (a fun get together), Yoga, Art & Start, Carers and one for our Keep Calm and Aspirations groups. All our members are welcome to join these sessions though you will need to be able to download Zoom to attend them.

Please get in contact if you need help with joining groups, updates on any of our groups or if you would like to access our services 01923 223554 or [hsh@guideposts.org.uk](mailto:hsh@guideposts.org.uk). We can tell you about our referral process.



HM Government

NHS  
Test and Trace

**If you have a high temperature,  
it could be COVID-19.**

**Don't let him find out for you.**

Mild COVID-19 symptoms for you could make others seriously ill.  
Getting tested is the only way to be sure you're not spreading it.

**DON'T GUESS, GET A TEST.**

## Message from Justine – Community Opportunities Manager Hertfordshire

*We needed to tidy up around at Henry Smith House. Staff and volunteers have given of their time to paint rooms, remove excess clutter and re-organise group supplies. We have replaced all fabric seating with easy clean and wipeable furniture and improved the flooring in the activity room and sanctuary so that it meets Covid Infection Control guidance.*

*From donated money we were able to purchase some new furniture and freshen up Henry Smith House. For our members this will be a pleasant surprise upon their return to groups. Here are a few pictures, to give you an idea of how much better it now looks!*



The new and improved Henry Smith House

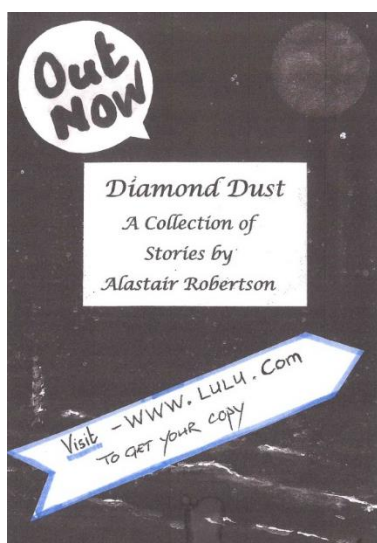


## No Time Like The Present

No time like the present,  
The past's dead and gone,  
And life can be pleasant  
When you're where you belong!  
Don't count all the chickens  
Before they're all hatched,  
It's losing that sickens -  
The end of the match!

No fear of the future -  
It doesn't exist -  
Don't let them rebuke you  
For things that you've missed!  
The odds are uneven,  
A throw of the dice  
Determines the outcome  
And some pay the price!

No time like the present,  
Or so I've been told,  
I know that it isn't  
Much fun growing old!  
But to keep getting younger  
Is a wonderful gift,  
It makes you feel stronger  
And gives you a lift!



## "Now Summer's Here"

Now summer's here  
And the lilac's in bloom,  
I sit here and watch  
From the depths of my room!

The air is so fresh  
And the sunshine's so warm  
That I feel her protection  
Will keep me from harm!

Goodbye to the winter,  
The snow and the rain,  
For I know that quite soon  
It'll be here again!

The people are happier -  
That much I see,  
Though the way that they treat me  
Is worrying me!

I'll sit back and watch  
While the world hurries by  
And I can't see no reason  
I should ever want to die!

Now summer's here  
And I've no cause to moan  
As I know now these verses  
Are simply my own!

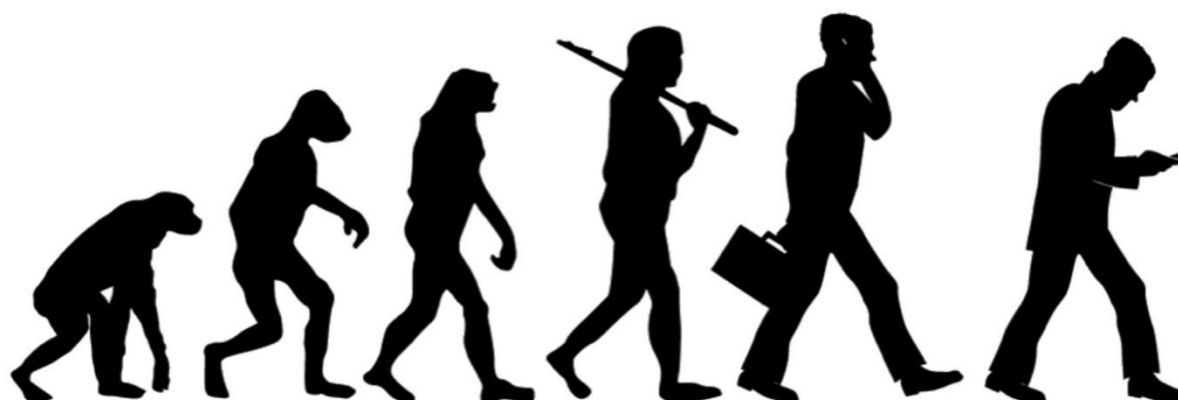
Poetry by Alastair R

A Novel and Poetry  
Books by Alastair are  
available from :-  
[www.lulu.com](http://www.lulu.com)



## MENTAL ILLNESS – THE BY-PRODUCT OF EVOLUTIONARY CHANGES?

by Carole Buckingham



A study by geneticists at Stanford University, USA, has put forward the hypothesis that the same evolutionary changes that make humans prone to bad backs and impacted wisdom teeth, may also be modifying genes in ways that make the brain vulnerable to schizophrenia, bipolar disorder and other mental illnesses.

Many scientists have long been of the opinion that common ailments like lower back pain, knee and foot pain, are likely to be due to the evolution of upright walking in the human pedigree history. Similarly, the fact that 70 percent of adults develop impacted wisdom teeth, could well be connected to the evolutionary reduction of jaw size and modern changes in diet.

By the same token, the rapid expansion of brain size and cerebral abilities, which have been key in humankind's evolutionary success, may at the same time be causing common psychiatric diseases in the human population. The scientists' findings suggest evolutionary modifications in brain circuitry may be one of the factors associated with the development of these illnesses.

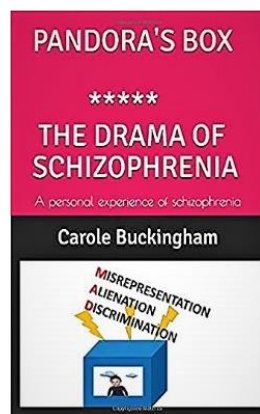
Specifically, the scientists focused on the gene for a protein called CACNA1C, which helps direct the flow of calcium in and out of cells. Calcium influences the electrical activity of neurons and helps control the release of the neurotransmitters that neurons use to communicate with each other. Previous research has tied CACNA1C to risks for both schizophrenia and bipolar disorder, as well as anxiety, depression, obsessive-compulsive symptoms and autism.

The research team's analysis may mean that in the future psychiatrists will be able to better match a patient's particular DNA risk factors with the drugs most likely to be beneficial.

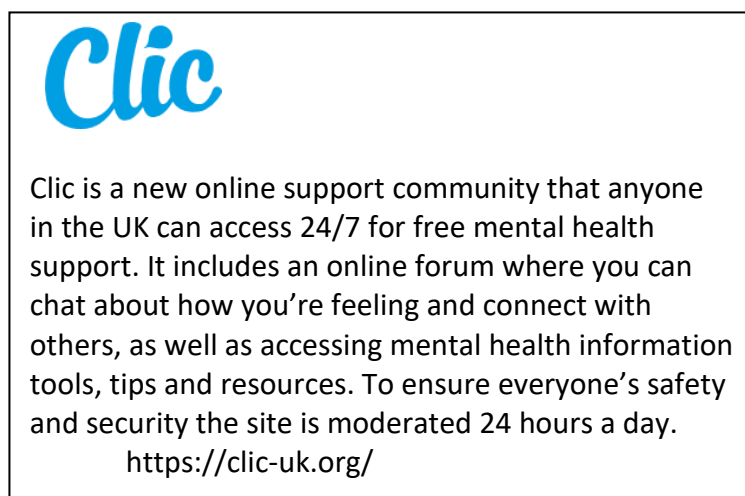
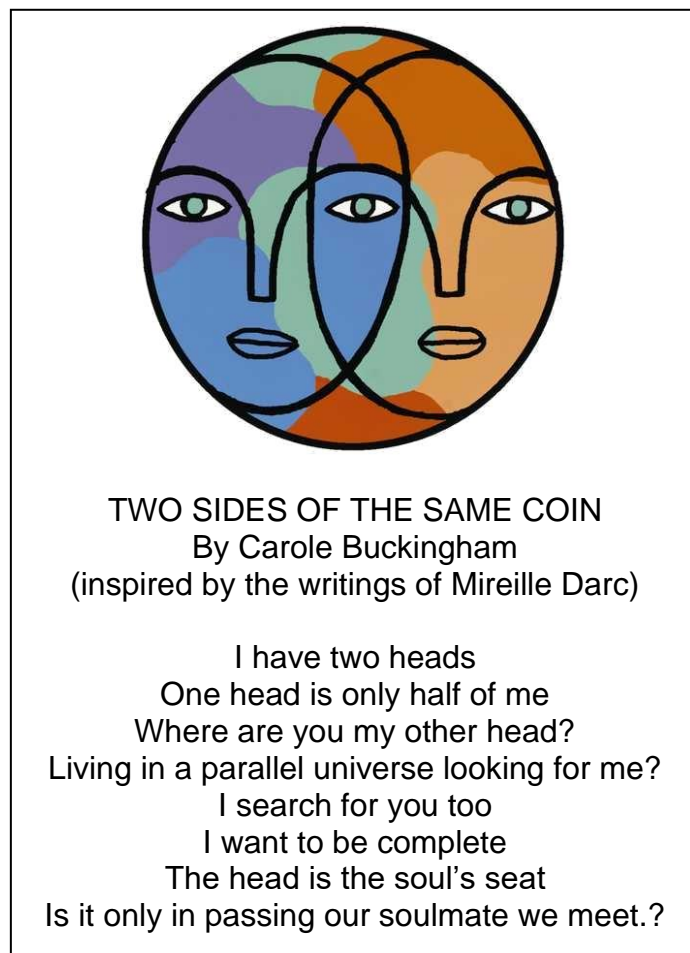
Let's hope psychiatry evolves alongside these developments in research but progress may well need a revolution in attitudes towards mental health as well as an evolution in data.

## References:

Scientific journal Discover 9 August 2018. Article: Could Human Evolutionary Changes be Behind Mental Disorders? By Charles Cho



**Carole Buckingham is a published author of two books on schizophrenia and a collection of poetry. Her books are available on [amazon.co.uk](http://amazon.co.uk)**





# TAKE A STAND AGAINST SCAMS

CONSUMERS LOSE £5-10 BILLION  
TO SCAMS EACH YEAR!

DON'T ADD TO THIS STAGGERING FIGURE. TAKE A STAND!

## Top 10 Tips To Take A Stand Against Scams

- 1 **Say NO.** To unwanted, uninvited callers.
- 2 **Be wise to rogue traders.** Too good to be true offers, probably are.
- 3 **Don't feel pressured to make a decision.** Say "No", or say you need advice first.
- 4 **Be wise to postal scams.** No legal company will ask for money to claim a prize.
- 5 **Keep personal details safe.** They could be used fraudulently in the wrong hands.
- 6 **Research the credentials of the company.** Be certain they're not bogus.
- 7 **Be online savvy.** Check who you're communicating with online.
- 8 **Talk to someone you trust.** If you're suspicious.
- 9 **Report a scam.** Help expose the criminals.
- 10 **Know you are not alone.** Anyone can be a victim, report it and get the right support.

Remember if you're not  
sure, get advice and  
always report a scam



www.friendsagainstscams.org.uk

For advice on scams call  
Citizens Advice Consumer Helpline: **03454 04 05 06**

To report scams contact  
Action Fraud: **0300 123 2040**

**NATIONAL  
TRADING  
STANDARDS**  
Scams Team

## Physical activity for adults and older adults

|                          |                            |      |
|--------------------------|----------------------------|------|
| Benefits health          | Type II Diabetes           | -40% |
| Improves sleep           | Cardiovascular disease     | -35% |
| Maintains healthy weight | Falls, depression etc.     | -30% |
| Manages stress           | Joint and back pain        | -25% |
| Improves quality of life | Cancers (colon and breast) | -20% |

Reduces your chance of

Some is good, more is better

Make a start today: it's never too late

Every minute counts

### Be active



## Yoga

We are all enjoying Bina's yoga classes. They are very beneficial for physical and mental health. She is an excellent teacher who varies the postures, so every part of the body gets toned. The breathing exercises are very calming and mind clearing.

Anyone suffering from poor physical health and low moods, please come along to Bina's yoga classes - they will energise you and bring a bright and positive outlook to your life.

Bina gives monthly affirmations.

Two examples below:

***Every breath I take, fills me with peace.***

***With every breath I release tension, feel more calm, confident and in control.***

These affirmations have helped me throughout the months when I have been stressed and anxious. Highly recommended!

These classes were a lifesaver to my health and well-being as they helped me

physically and mentally. They were particularly beneficial as we did different postures and breathing techniques every week, which toned and calmed the entire body.

Bina brings lots of variety to the classes, and especially good is Yoga Nidra (sleeping meditation) on the last Friday of every month.

She is an excellent yoga teacher and will go very far in her yoga ambitions (Chola P)

OUR NEXT ONLINE EVENT:

## HATHA YOGA WITH BINA

Thursdays | 10am - 11am  
✓ Learning disability and autism-friendly  
✓ Open to members of Guideposts Better Connected

To join, visit: [guideposts.org.uk/better-connected](https://guideposts.org.uk/better-connected)





OUR NEXT ONLINE EVENT:

## PRANAYAMA WITH BINA

Thursdays | 11:30am - 12:30pm  
 ✓ Learning disability and autism-friendly  
 ✓ Open to members of Guideposts Better Connected

To join, visit: [guideposts.org.uk/better-connected](https://guideposts.org.uk/better-connected)




## What exactly is pranayama?

Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold.

The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins. This is meant to provide healing physiological benefits.

## Pranayama involves different breathing techniques. Try: - Equal breathing


Equal breathing is known as sama vritti in Sanskrit. This breathing technique focuses on making your inhales and exhales the same length. Making your breath smooth and steady can help bring about balance and equanimity.

You should find a breath length that is not too easy and not too difficult. You also want it to not be too fast, so that you're able to maintain it throughout the practice. Usually, this is between 3 and 5 counts.

Once you get used to equal breathing while seated you can do it during your yoga practice or other daily activities.

1. Choose a comfortable seated position.
2. Breathe in and out through your nose.
3. Count during each inhale and exhale to make sure they are even in duration. Alternatively, choose a word or short phrase to repeat during each inhale and exhale.
4. You can add a slight pause or breath retention after each inhale and exhale if you feel comfortable. (Normal breathing involves a natural pause.)
5. Continue practicing this breath for at least 5 minutes.

(For more exercises: - <https://www.healthline.com/health/pranayama-benefits#benefits>)



## Relaxation with Rhea

Monday at 11:00am - 12:00pm

Meeting On Zoom

Everyone is invited to join me on Zoom Relaxation, with details given below. In this uncertain and difficult time, we need to find time to relax. All you need to do is sit down and relax through different relaxation techniques, mostly involves breathing, imagery, body scanning, and sometimes we do some games too!! So why don't you give it a try? Looking forward seeing you on Zoom.😊😊 Rhea

For link and Meeting ID please phone Rhea on 01923 223554



## Allotment Group Sow and Grow With Jane

This is the allotment in Radlett Road in Watford. Yes it needs a little TLC after a year of being unloved.

As the lockdown eases we are thinking about what we are going to do when we are able to meet up again.

If you are interested in joining Jane when the Allotment Group starts up again, please let Jane Allen know.

Jane's Work Mobile.....07803 175416



## Spring security for homes and gardens

As lockdown restrictions ease, many people will be returning to work or spending more time outdoors, which will give criminals opportunities to target homes.

At this time of year when the weather is starting to improve, people tend to spend more time in their gardens, using gardening and leisure equipment. Burglars are also on the look-out for valuable equipment and tools left out or stored in sheds and outbuildings, that often have little or no security.

"During the lockdowns burglaries have remained very low as homes have been mostly occupied. However, as more people venture out the risk increases and we often see an increase in thefts from gardens, sheds and garages, during the Spring. We are recommending that everyone takes some basic security measures to make sure their gardens and outbuildings are secure. Leaving tools and gardening equipment lying around in your garden can attract thieves, as they are valuable.

"Make sure any tools that could assist a burglar, like ladders, trowels, hammers etc, are locked away and make sure outbuildings are as secure as possible, with strong locks or even an alarmed padlock. Dusk till dawn security lights and planting defensive plants, like roses, along your borders and keeping fences in good condition will make your home even safer"




### Need help to keep warm or reduce energy bills?

To find out if you are entitled to free or discounted home energy improvements call

**0300 123 4044**  
(local rate) or email [info@hertshelp.net](mailto:info@hertshelp.net)




**Hertfordshire Warmer Homes**

In partnership with the ten district & borough councils of Hertfordshire and Hertfordshire County Council



## Nervous about socialising again? Here's how to handle the end of lockdown

After a year of Zoom calls and social distancing, we will soon be able to start mingling with friends and work colleagues again.

Perhaps you've quite enjoyed this period of government-mandated introversion, and dread the idea that you may be expected to socialise. For those feeling a little daunted, here's a list of how to ease yourself back in.

**Some social anxiety is normal**

**You can't lose social skills**

**Build confidence gradually**

**Don't avoid social situations**

**But be mindful of what you can tolerate**

**Ease the pressure**

**Nobody can tell how you're feeling**

**Focus outwards**

**Think about other people**

**It's not all your responsibility**

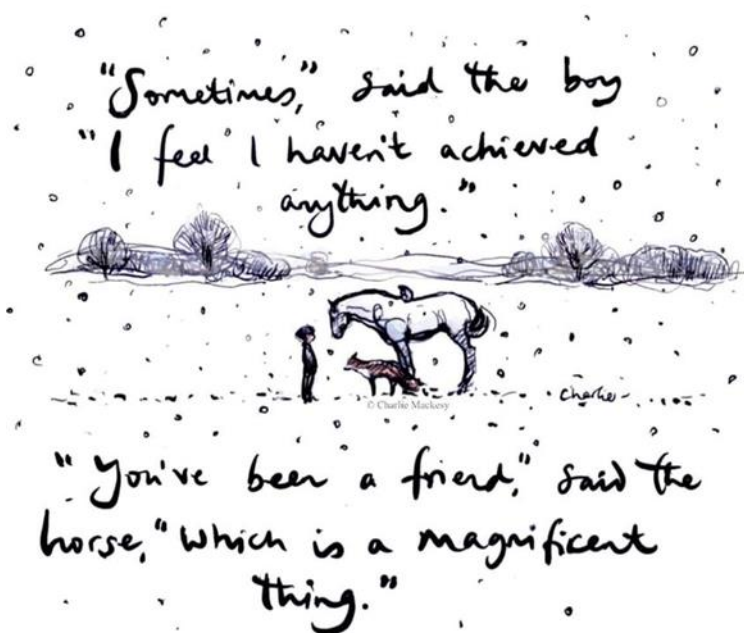
**Don't write a script**

**And don't dwell on it later**

**Celebrate small wins**

**Broaden your social life**

**Or maintain a lower-key social life – if you want to**



(Read the full article at: - <https://www.theguardian.com/lifeandstyle/2021/mar/15/how-to-address-social-anxiety>)

## Roadmap Out of Lockdown

We are moving through the stages of the Roadmap Out of Lockdown.

These are the current plans/dates.

Do keep an eye on the news, social media or newspapers for confirmation of each step and any changes being made/amendments to dates.

### CORONAVIRUS LOCKDOWN



### STEP 3

At least five weeks after Step 2, no earlier than 17 May.

- Indoor entertainment and attractions.
- 30 person limit outdoors. Rule of 6 or two households indoors (subject to review).
- Domestic overnight stays.
- Organised indoor adult sport.
- Most significant life events (30).
- Remaining outdoor entertainment (including performances).
- Remaining accommodation.
- Some large events (except for pilots) - capacity limits apply. Indoor events: 1,000 or 50%. Outdoor other events: 4,000 or 50%. Outdoor seated events: 10,000 or 25%.
- International travel - subject to review.

### STEP 2

At least five weeks after Step 1, no earlier than 12 April.

- Indoor leisure (including gyms) open for use individually or within household groups.
- Rule of 6 or two households outdoors. No household mixing indoors.
- Outdoor attractions, such as zoos, theme parks and drive-in cinemas.
- Libraries and community centres.
- Personal care premises.
- All retail.
- Outdoor hospitality.
- All children's activities, indoor parent & child groups (up to 15 parents).
- Domestic overnight stays (household only).
- Self-contained accommodation (household only).
- Funerals (30), wakes, weddings, receptions (15).
- Minimise travel. No international holidays.
- Event pilots begin.

### STEP 4

At least five weeks after Step 3, no earlier than 21 June. By Step 4, the Government hopes to be able to introduce the following (subject to review):

- No legal limits on social contact.
- Nightclubs.
- Larger events.
- No legal limit on all life events.

**I am in full control  
of how I respond  
to the experiences  
that I have!**





Here is a lovely vase of Poppies painted by Yvonne L, who has been a member of the Art and Start Group for a number of years. Yvonne has fully embraced the challenges we all have, of developing our art skills and progressed very well over the years.

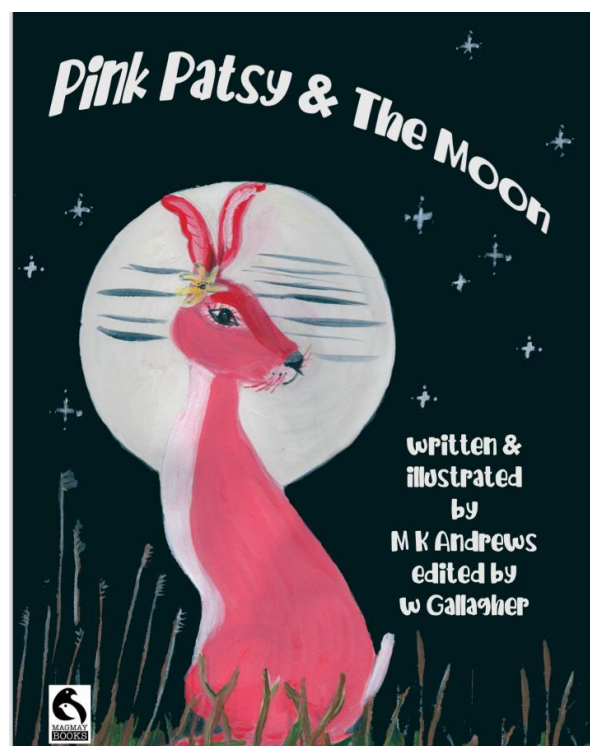
Hello, my name is Margaret Andrews, I am one of the Ladies that go to Lin & Janes art classes. We have all kept in touch by using Zoom since the lockdown. I loved my once-a-week art class but because of the Covid 19 virus we had to close our meetings.

For the first few weeks of lockdown, I didn't do much painting at home. Then I saw a picture of a Hare gazing at the moon and decided to paint it. I put the painting up on Facebook and I got kind responses. Then my brother gave me an idea to make the Hare unique by making it a colour that no one else had done before. I chose Pink and gave the Hare a name : Pink Patsy. Then I had an idea to make a children's book about a pink Hare looking for the moon.

I got busy painting and made my story about a pink Hare, a cat, a bird and a mouse, these four characters are in all my books and are friends. (There are many other characters in the book, but just a part of the story line.) At first it was a story book with pictures, then my daughter turned it into a picture book.

This book is ready for the printers now. It will be on Amazon, bookshops and also, I will supply them.

Because I enjoy Painting so much and have so much time on my hands, I've got into making more books. My second book is "Pink Patsy and the Rainbow" and then I made one about "Pink Patsy and Jack Frost". I'm now on my fourth book which is going to be "Pink Patsy and the Fox".



Lockdown has given me the opportunity to discover what I enjoy doing with my time at home. The best thing about my new vocation is, my daughter and my granddaughters are helping with the editing. They are having fun designing the layout and the story telling . I am 81 years old and very grateful for the art lessons I get from Guideposts. I hope you will want to buy my children books.

I also wrote a book in 2009 about my life, the war years and some history of life before and after World War II. My story is also about how I recovered from living with alcoholism. The book is called: 'The Price of Wisdom' by Kate Townsend. that's is my maiden and second name. I have a website about my book it's {thepriceofwisdom.co.uk }

Thank you, Guideposts, for the friendships and helping me find my love of painting.

Margaret Andrews

**Daily, I achieve something of value!**

Affirmations.online



## Self Kindness Daily Checklist

We Move, She Moves

Use this checklist everyday this month to help boost your health and wellbeing!



Have I drank enough water today?



Have I got up and moved my body?



How long have I spent on my phone?



Have I taken a moment to pause and breathe?



Did I get enough sleep last night?



Have I laughed out loud today?



Have I eaten 3 good meals today?



Have I done something to make someone else feel good?



Have I been outside today?

[www.healthyhubs.org](http://www.healthyhubs.org)

Save this checklist as your desktop or phone home screen image or print it out and put it on your fridge

[www.wemoveshemoves.me.uk](http://www.wemoveshemoves.me.uk)







## Guideposts Global Challenge

We're on a mission to travel 21,976 miles by the end of 2021 – enough to get all the way around the world. Your mission, if you choose to accept it, is to walk, run or cycle a target number of miles and form an important part of that exciting journey. You are welcome to join us and help with fundraising too, if you can!

The first step is simply to sign up for the challenge at [guideposts.org.uk/global-challenge](https://guideposts.org.uk/global-challenge). Once you have, we will contact you via email to send some simple step-by-step instructions to get started, and answer any questions you have along the way. If you'd like to talk to us about it first, you can email: - [fundraising@guideposts.org.uk](mailto:fundraising@guideposts.org.uk).



We are going along at a fair old pace (5000 miles+) and have 55 of us involved. Always happy to have more people joining us though. You can check on progress each day, look on the map and Street Views of where we are.

It is a challenge and good to set yourself goals – even small ones!!



Start by doing 1 push up.  
Start by drinking 1 cup of water.  
Start by paying toward 1 debt. Start by reading 1 page. Start by making 1 sale. Start by deleting 1 old contact. Start by walking 1 lap. Start by attending 1 event. Start by writing 1 paragraph. Start today. Repeat tomorrow.



Until I discovered  
cooking,  
I was never really  
interested  
in anything.

- Julia Child

### 'New' Cooking Group

Rhea is recruiting members for a new 'Cooking Group', potentially planned for Thursdays – 11am to 12:30pm. Start date TBC. If any members are interested, they need to commit to 8

weekly sessions which will cover: - basic food hygiene, reading labels and expiry dates, etc. A certificate will be issued upon completing the 8 - week sessions. Just let Rhea or another staff member know, and they will give you further details. Thanks

### WAYS TO MY HEART:



1. Buy me Food
2. Make me Food
3. Be Food

## Are you an adult with learning disability or Autism?

Guideposts have an online service to help you stay connected with your friends in a safe and friendly environment. Meet new friends, pick up a new hobby and get involved in what our community has to offer

Join in activities such as:

- Social Evenings
- Art & Crafts
- Autism and Anxiety Awareness
- Exercise
- Healthy Eating
- Quizzes

And so much more - why don't you have your say, we're here to listen to your suggestions?

Contact us on 07912 994165

Email [BetterConnected@guideposts.org.uk](mailto:BetterConnected@guideposts.org.uk)

Sign up at [www.guideposts.org.uk/BetterConnected](http://www.guideposts.org.uk/BetterConnected) or scan this Code



We have a Members WhatsApp Group which is a good way to keep in touch and support each other.



We have a 'Guideposts in Hertfordshire' Facebook page too. So do please 'Follow' it and try to engage with it as much as you can.  
<https://www.facebook.com/GuidepostsHertfordshire>







# Guideposts Dementia Carers Group

**A virtual support and information group for people whose lives are impacted by dementia.**

Guideposts' virtual Dementia Carers Group supports carers and people who have family or friends living with dementia. As well as those whose family members are at risk of developing the condition or who are just interested in finding out more. We regularly welcome special guest speakers to join us and share their expertise and unique perspectives with the group.

You can expect information and support from Guideposts staff and other carers as well as friendliness and humour too!

The meetings take place over Zoom so anybody can join us – whether you already use Guideposts' services or have never come across us before. And thanks to Zoom you can live anywhere in the world.

## When and Where?

**Join us on the first  
Thursday of every month  
at 3pm.**

Anyone can join the Zoom meeting, but you need to get in touch with Lin Fellows for the meeting ID and password.

Please email Lin on  
[lfellows@guideposts.org.uk](mailto:lfellows@guideposts.org.uk)  
or call 07803 175416.



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