

FEBRUARY 2022

HILLINGDON COMMUNITY VOICE

An Update From H4All's Community Development Team



MESSAGE FROM THE MANAGER

I am delighted to welcome you to the latest Hillingdon Community Voice Bulletin.

I trust you will find it both interesting and useful. If you would like a particular topic featured or would like to provide some content for our future bulletins in April, June, August, October or December, then please email me at VHarrison-Carr@h4all.org.uk.

Vicki Harrison-Carr
Community Development Manager



HIGHLIGHTS OF 2022 SO FAR...

DAY OF THE OLDER PERSON 2022

On 1st February, staff from H4All's Community Development and MyHealth Hillingdon teams were delighted to participate in the Day of the Older Person event in Uxbridge. They engaged face to face with over 80 people, with a constant flow of visitors to our stands until 2.00pm when the singer started. This prompted a few people to dance! Encouragingly, it was busier than the previous event I attended, and staff loved seeing older people out and about and enjoying themselves again.



HEALTH AND WELLBEING ALLIANCE

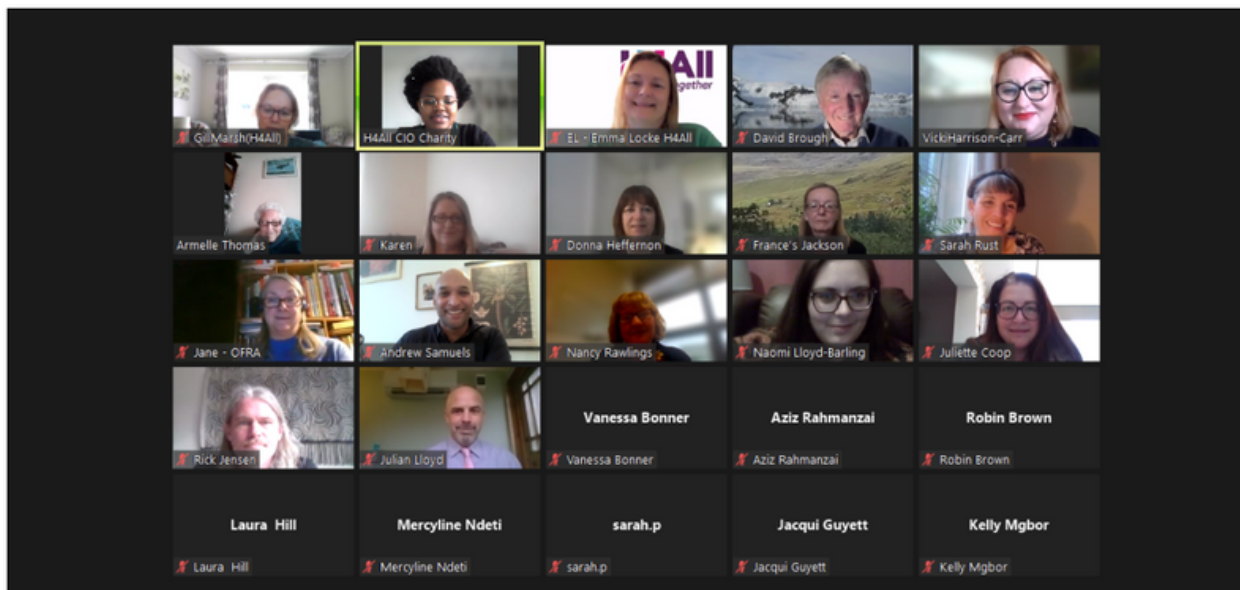
Established in 2019, H4All's HWBA is the borough's leading voluntary sector forum with over 50 members.

Our meeting on 8th February had a packed agenda, featuring a consultation on training needs, information on professional development and funding opportunities; as well as presentations on local third sector development and new programmes for residents.

Guest speakers were from local charities, the Greater London Authority and the NHS. The session was well attended by over 35 people and well received. Participant feedback included:

Just wanted to say congratulations on a great HWB Alliance meeting yesterday, well done to the whole team. I thought attendance was good and diverse and everyone seemed very engaged. Great job!

Thank you for a really informative session yesterday. We look forward to future face-to-face sessions where we can meet in person and network freely amongst other sector colleagues. Very interesting meeting and very well presented! Well Done to everyone involved!



Our next meeting will be face to face and take place on Tuesday 3rd May from 2-4pm.

The agenda will include sector recovery information, key public health messages from our statutory partners and guest speakers. If you would like a slot on the agenda, please contact VHarrison-Carr@h4all.org.uk. Subsequent quarterly meetings will be held in September and November 2022.

SECTOR NEWS



We are pleased to introduce a new initiative for all third sector organisations and voluntary groups that operate in the eight boroughs of Northwest London – Harrow, Brent, Ealing, Hounslow, Hammersmith and Fulham, Westminster, Kensington and Chelsea and, of course, our own borough, Hillingdon. Led by a group of like-minded charities, 3ST is a growing collaborative that aims to:

- Improve coordination and collaboration across the whole third sector across the eight boroughs;
- Ensure that the sector is recognised for the role it plays in supporting the health and wellbeing of all 4.2 million residents of Northwest London;
- Engage with the emerging structures of the new Integrated Care System and to make the case for financial investment in the sector that reflects and enhances the contribution we do – and can – make to improving population health;
- Reduce competition and promote shared learning, collaboration and mutually-beneficial partnerships, and;
- Innovate, reflect and use our creativity and understanding of what improves life to ensure continuous improvement and to collectively develop alternative models of care and support that are a credible alternative to clinical referral.

We hope that you are starting to feel the impact of H4All's efforts in Hillingdon in terms of closer-working, mutual support and information sharing across the sector. 3ST is trying to replicate this work across a greater footprint. We also want to reassure you that H4All is playing a leading role in this work so the Hillingdon voice is being heard loud and clear.

There are plans to develop an offer of associate membership of 3ST for any group or organisation operating within the eight boroughs and we will keep you updated here and at the HWB Alliance meetings as things develop.

Learn more at: www.3stnwl.org.uk or contact the H4All Community Development team for a fact sheet that provides more information about 3ST and the changing face of the NHS.

FUNDING OPPORTUNITIES

The GLA is launching **Civil Society Roots 3**, a grants program that aims to increase the support available for Londoners impacted by structural inequalities. This includes Black, Asian and Minority Ethnic Londoners, Disabled Londoners, LGBT+ Londoners, Women and Older Londoners.

Applicants must be either a community-led organisation or apply as a partnership with a community-led organisation, with the funding supporting groups led by and for Londoners impacted by structural inequality.

Community-led groups are invited to participate in a series of workshops that will run through February until the funding deadline, which will support the development of ideas for funding.

If you feel you would like more information to help you decide whether to participate in the workshops, we are running a series of 30-minute introduction sessions. These will provide an opportunity for community-led organisations to gain an overview of the Civil Society Roots 3 funding and the workshops.

You can sign up for the introduction workshops here:

<https://www.eventbrite.co.uk/e/255959801657>

If you would like to sign up for the main workshops without attending the introductory session or have any questions please email jasmine@communityregen.net



PROFESSIONAL DEVELOPMENT

COMMUNITY CHAMPIONS

We are inviting third sector partners to nominate some of their staff or volunteers to become Community Champions. Community Champions share key health messages to residents, participate in community events, create campaigns and programmes based on resident need and help to improve local services. Research has shown messages spread by 'word of mouth' is one of the biggest influencers for behaviour change and also shows that a 'top-down approach' cannot address the root causes of poor health and wellbeing.

Community Champions receive nationally recognised, accredited training. There are monthly peer support sessions, as well as ad hoc support from H4All's Community Development Team. Achievements will be recognised at a special event. This voluntary role can lead to great opportunities for the individual in terms of professional development and employability. There are also benefits to organisations employing Community Champions. They will be eligible to apply for small Sector Support Fund grants. Half of the allocated award will be paid upon registration, with the final payment settled after the first quarter of activity.



The required outputs of Community Champions are to:

- Attend training courses
- Attend monthly support meetings or community meetings
- Deliver messaging in person: at least one event/outreach session each month
- Deliver messaging virtually: at least ten social media posts per month via Facebook, Instagram, Twitter, LinkedIn or TikTok.

If you or your organisation are interested in participating, please contact Naomi Lloyd-Barling at community@h4all.org.uk

SECTOR TRAINING NEEDS

The consultation about sector training needs at our February 8th Health and Wellbeing Alliance meeting, revealed that the top four topics requested are:

1. Governance, including the recruitment and training of trustees
2. Bid writing, grant applications and commissioning
3. Strategic business and project planning
4. Data collection and evidencing impact

H4All will schedule four sessions of free training for HWBA members covering these topics between March and December 2022.

FEATURED PROGRAMMES

COMPASSIONATE HILLINGDON

Compassionate Hillingdon is a community-led support service provided by H4All in partnership with Harlington Hospice for Hillingdon residents aged 18 + who meet certain vulnerability criteria. Potential service users are people who are nearing the end of their life, those living with a long - term or chronic health conditions and those who are lonely or socially isolated.

Clients will be matched with a Compassionate Friend who will visit or contact them weekly, depending on preference, and support their wellbeing by addressing whatever is impacting their quality of life. As well as support from a trained Compassionate Friend, there will be access to an online platform for advanced care planning called My Wishes.



Anyone interested in becoming a Compassionate Friend or referring a potential service user should contact Karen Bonnick, Compassionate Hillingdon Coordinator by email on kbonnick@h4all.org.uk or by phone 07535648297. Karen was recently featured on our social media #FeatureFriday series, have a look below:



FEATURE Friday



Hello, I am Karen and I come from a background of over 25 years working in Health and Social care in various roles.

I first became aware of H4All when I joined Carers Trust Thames in 2018 and was really impressed with the health and wellbeing services provided. I am thrilled to now be part of the team and can't wait to get stuck into my new role. I really enjoy working with people and seeing the difference this can make to lives is so rewarding.

When I am not working, I enjoy spending time with my loved ones and my newly adopted rescue dog Oscar who is 16 months old. My ideal weekend starts with a long walk with Oscar over Richmond Park, followed by either a trip to Stamford Bridge or the pub to watch the game with friends. Life doesn't get much better than that!

HELP4HILLINGDON

Funded by the GLA, Help4Hillingdon provides advice in community settings in LB Hillingdon. The partnership is comprised of four organisations: H4All, Bell Farm Christian Centre, Citizens Advice Hillingdon and DASH.

H4All leads on partnership development, promotion, monitoring and reporting. Bell Farm Christian Centre, DASH and Citizens Advice Hillingdon provide advice services to tackle inequalities in foodbanks and special schools.

Undeterred by Omicron, Help4Hillingdon has supported 166 residents in the first quarter of delivery, exceeding the target of 125 people, achieving financial gains of over £25,000 for vulnerable clients. Issues presented include benefits, money management, debt, utilities and fuel poverty, family issues, housing immigration, food poverty, access to white goods, school uniform costs, fraud, bailiffs and adult safeguarding.



Drop-in sessions are held at the following foodbanks:

- **St Anselm's Church, Hayes UB3 4DF**
Every Wednesday 12.00 – 2.00pm
- **St Gregory the Great Church, Victoria Rd, S Ruislip HA4 0EG**
First Saturday of the month 12.00 – 2.00pm
- **Emmanuel Church, High Street, Northwood HA6 1AS**
Second Friday of every month 11.00am – 1.00pm
- **St Matthew's, The Vicarage, 93 High St, W Drayton UB7 7QH**
Every Friday 12:00 – 2:00pm



VOLUNTEER HUB

PARENT CHAMPION – BRILLIANT PARENTS

This is a volunteer project that focuses on supporting the well-being of parents who are going through particularly challenging times with their teenage children, who for several reasons may be at risk of exploitation. Parents whose children may be vulnerable and on the periphery of becoming involved with the criminal justice system can find it really challenging because of the stigma and judgement they experience and need support to navigate their way through the myriad of social services available to them.

We are looking for parents or carers who may have gone through a similar experience and wish to give back; you may have worked previously with families on a professional basis, or you may just have a heart to help your community. Either way, you will be familiar with the agencies, organisations, and general barriers to accessing support in Hillingdon within a particular marginalised community. If you are as passionate about parents as we are, we want to hear from you.

As one of the team of Parent champions, your role will be to befriend and act as a non-judgemental ally for two families who need support. By listening and passing on key positive parenting principles you will build a healthy relationship with these individual families, who will over time feel increasingly empowered, confident, and competent in their parenting skills.

To apply for this opportunity, please contact volunteerhub@h4all.org.uk



HOME VISIT VOLUNTEER –

MIDDLESEX ASSOCIATION FOR THE BLIND

As a volunteer, you will support a committed team with alleviating loneliness in the visually impaired, helping them develop independence and confidence with daily tasks, encouraging them to access the community and connect with others.

Commitment required:

- Weekly or fortnightly
- Time is flexible, required on any day of the week, am or pm
- To start as soon as possible
- We ask for an hour a week but if you could do more, then that would be great!
- You must be able to commit to volunteering for a minimum period of 10 months

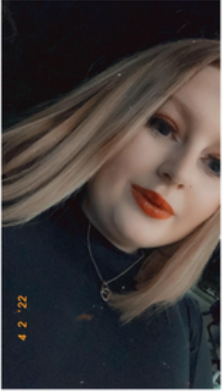


To apply for this opportunity, please contact volunteerhub@h4all.org.uk

VOLUNTEER CASE STUDY



FEATURE Friday



I was a volunteer from August to November 2021 and my role involved assisting the MyHealth programme coordinator. When I started, I was very shy and anxious about new situations. I had an overwhelming fear of making phone calls and due to having dyslexia, I would avoid writing emails at all costs.

I am thankful for the huge amount of support from the H4All and MyHealth teams. Within 2 weeks of being with them, I was able to make phone calls to clients to complete pre and post-workshop questionnaires. I also played a prominent role in building a directory of organisations and venues to facilitate project roadshows.

I appreciate all that H4All and MyHealth have done to help fine-tune my skills and boost my confidence. Thanks to them I was able to find a job in a completely new industry!

KEY HOUSE ROOM HIRE



KEY HOUSE SPACES AVAILABLE FOR HIRE

We have spaces available for hire at competitive rates:



- Training Room – capacity for 18 people, Digital TV (Usb & HDMI compatible) and refreshment option
- Small meeting room – capacity 2-4
- Hot Desk Office – half/full day rates available
- Small Rooms-ideal for 1 to1 meetings/counselling
- Office space – various sizes

Please contact community@h4all.org.uk for prices and further information

UPCOMING EVENTS

8TH MARCH: INTERNATIONAL WOMEN'S DAY



On Tuesday 8th March International Women's Day will be celebrated at the Beck Theatre in Hayes.

The event is being offered as a face to face and it will be streamed live if you are not able to come.

Everyone is welcome and there is an array of activities planned which you will receive after registering.

Please note that there are no childcare facilities. A light lunch will be provided after the event.

<https://www.eventbrite.co.uk/e/in-person-hillingdon-international-womens-day-2022-tickets-257850827767> - Register here if you want to attend the Beck Theatre

<https://www.eventbrite.co.uk/e/online-hillingdon-international-womens-day-2022-tickets-264150179297> - Register here if you want to attend online

25TH MARCH: BRAIN TUMOUR AWARENESS CONFERENCE



HBTIG's Brain Tumour Awareness Conference, will take place on **Friday 25th March 2022 at the Civic Centre in Uxbridge, from 9:00am- 2:00pm**

Health care professionals, charities, businesses and councillors from the Hillingdon area will come together and discuss the effects of brain tumours and brain injuries.

Delegates will hear from a variety of speakers who are experts in their fields, including their incredible clients who know first-hand what it is like to be affected by a brain tumour or injury.

MY HEALTH WORKSHOPS

MyHealth is an education and empowerment programme offering advice and workshops to people to help empower them to really take control of their health by giving them the latest knowledge. All our workshops are facilitated by a health professional in a group setting both online and face to face. We aim to:



- To help those living with long-term conditions to better manage their condition and improve their health and wellbeing
- Coproduce meaningful workshops with residents, clinicians, and commissioners to promote self-management.
- Reduce unnecessary A&E and GP attendance through education

To book a workshop, please go to: **Workshops - NHS My Health Hillingdon**

March

5th Weight Loss 10:00 - 12:00

7th Pre-Diabetes 15:00 - 17:00

8th Menopause 17:30 - 19:30

9th Coaching 16:00 - 18:00

12th Pre-Diabetes D&N 10:00 - 12:00

15th Type 2 Diabetes 16:00 - 18:00

19th Pre-Diabetes 10:00 - 12:00

21st Anxiety & Depression by Talking Therapies 14.00-16.00

23rd Coaching 9:00 - 11:00

28th COPD 13:00 - 15:00

**28th Childhood Asthma by Hillingdon
Asthma Nurse 16.00 - 17.00**

April

5th Menopause 16:00 - 18:00

9th Type 2 Diabetes 10:00 - 12:00

12th Pre-Diabetes 16:00 - 18:00

18th COPD 15:00 - 17:00

20th Coaching 11:00 - 13:00

20th Hypertension 13:00 - 15:00

22nd Menopause 16:30 - 18:30

25th Coaching 15:00 - 17:00

28th Pre-Diabetes 13:00 - 15:00

JOB VACANCY



CARERS TRUST HILLINGDON Health Development Officer

- Hours negotiable – 3-4 days per week
- Two-year fixed-term contract in the first instance
- Salary £27,269 FTE pro-rata depending on hours agreed

Carers Trust Hillingdon is the leading charity delivering high quality advice and support to unpaid family carers in the London Borough of Hillingdon.

We are seeking an enthusiastic and self-motivated individual to join our high-performing Health and Wellbeing team. The ideal candidate will have excellent interpersonal skills, an understanding of the support needs of unpaid carers and either health, social service or voluntary sector experience.

An enhanced Disclosure and Barring Service check will be required for this post and there will be occasional evening or weekend work for which time off in lieu will be given. The post is based in Uxbridge with borough-wide travel.

For an application pack (no CVs) please visit our website:

<https://carerstrusthillingdon.org/job-vacancies/>

For an informal chat, please contact:

Sally Chandler, Chief Executive - 01895 811206

Closing date for receipt of applications:

9 am, Monday 28 February 2022

Interviews will take place on:

Thursday 3 March 2022 – please save the date

JOB VACANCY



Harrow Carers and Carers Trust Hillingdon

are working together to develop a support programme for young adult carers across Harrow and Hillingdon. They are looking for a:

Young Adult Carer Development Officer

to work across both boroughs

**Salary: £27k p.a. = £21,600 pro-rata for 0.8 FTE
offered as fixed-term 2-year contract in the first instance**

The pandemic has had a significant impact on young adult carers (16-25 years): educations have been interrupted, job markets have become more challenging and social issues are becoming more prevalent. Our current programme in Harrow and Hillingdon offers support to young carers to make the transition from school to adulthood.

The partners are delighted to offer a new role, which has been designed to complement our existing provision. Working across both teams, the post-holder will extend the range of opportunities available for the young people we support by establishing a new range of strategic relationships with higher and further education providers, local businesses and apprenticeship providers, as well as seeking other opportunities such as job fairs, training, vocational courses and work experience.

For an informal chat about the role, please contact:

Sally Chandler, Chief Executive or Jo Burns, Young Carers Manager on 01895 811206

To download an application pack please visit our website:

www.carerstrusthillington.org

Closing date for receipt of applications:

9am, Monday 7 March 2022

Interviews will take place on:

Monday 14 March 2022

(Applicants are asked to save the date)

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