



OCT 2023

HILLINGDON COMMUNITY VOICE

An Update From H4All's Community Development Team



OUR RECENT HIGHLIGHTS

AUTUMN HEALTH HUB ROADSHOWS

Summer was off to a great start for us as we have held two well-attended roadshows in Colne Union and Celandine & Metrocare PCNs. These were followed by our Autumn Health Hub roadshows in Long Lane, Hayes & Harlington Collaborative, North Connect and Synergy PCNs. We are pleased to report that there was collectively 1933 attendees at this year's roadshows. Attendees were treated to a health information day at each roadshow, with an opportunity to have BMI and blood pressure health checks.



Organised in collaboration with The Confederation, Hillingdon's GP consortium, the roadshows have enabled us to reinforce the value of proactive healthcare. Additionally, they strengthen engagement between the voluntary sector, the local NHS, London Borough of Hillingdon and local residents. We will contact local organisations about future roadshows, with the opportunity to be stall holders or make presentations to the public. In order to receive up to date messages, please reach out to us on community@h4all.org.uk to be part of our mailing list.

SERVICE UPDATES

FOREST HEART – INTEGRATIVE FOREST THERAPY



'FoRest HeArt' is a project led by Katarina Wagner and Lily LeMaire which utilises Ecotherapy and Integrative Forest Therapy (Forest Bathing) practices in a unique way, with an aim to improve the wellbeing of clients by connecting to nature.

Our experience of taking groups and individual clients in nature, has shown us how hugely beneficial for clients' wellbeing it has been. Forest therapy has been proven successful with depression, deep anxiety and stress-related conditions by lowering cortisol levels, slowing down the heart rate, lowering reactivity and increasing the serotonin levels (creating a sense of calmness and happiness).

We use mindfulness exercises such as sense meditation, creativity (writing, drawing, and storytelling), nature awareness, exploration and tea ceremonies. The sessions are about slowing down in our hectic world, about being curious, taking a deep breath and reconnecting with nature and ourselves.

Both Lily and Kat are BACP members and experienced counsellors. Email them on kalnakova@yahoo.com for additional enquiries.

West London Works

For you

IS A PHYSICAL OR MENTAL HEALTH CONDITION MAKING EMPLOYMENT DIFFICULT?

West London Works is a free service designed to help you find meaningful employment or to stay in your current role.

The free service is available to anyone over 18 who is living, or registered with a GP, within one of the seven West London boroughs, and is motivated to find or keep meaningful employment.

The boroughs are: Barnet, Brent, Ealing, Hammersmith and Fulham, Harrow, Hillingdon and Hounslow.

Take advantage of this opportunity and sign up today by speaking to your GP or contacting us:

E:
info@westlondonworks.co.uk
T: 0800 987 4088



Scan here to visit
our website

MYHEALTH 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:

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

November Workshops:

3rd	Pre-Diabetes	11am - 1pm
6th	Childhood Asthma	4pm - 5pm
7th	Pre-Diabetes	9am - 11am
9th	Menopause	9:30am - 11:30am
11th	Type 2 Diabetes	10am - 12pm
13th	Pre-Diabetes D&N	10am - 12pm
17th	Type 2 Diabetes	10am - 12pm
17th	Diet & Nutrition for Weight Loss	12:30pm - 2:30pm
18th	Menopause	10am - 12pm
20th	Type 2 D&N	10am - 12pm
22nd	Hypertension & Cholesterol	10am - 12pm
22nd	1-2-1 Coaching	12pm - 2pm
24th	Type 2 Diabetes	11am - 1pm
25th	1-2-1 Coaching	10am - 12pm
27th	1-2-1 Coaching	11am - 1pm

To book other workshops from the wide range available, please visit: [WORKSHOPS | Myhealth Hillingdon](#)



FUNDING OPPORTUNITIES

TESCO STRONGER STARTS



Tesco Stronger Starts supports thousands of local community projects and good causes across the UK

The funding aims to make a positive difference – because where our communities thrive, our business and our colleagues thrive too. Tesco Stronger Starts is managed by Groundwork

Tesco Stronger Starts is open to charities and community organisations to apply for a grant of up to £1,500. Every three months, three local good causes are selected to be in the blue token customer vote in Tesco stores throughout the UK.

The scheme is open to all schools, registered charities and not-for-profit organisations, with priority given to projects that provide food and support to young people. Examples of eligible applications with a focus on food security, children and young people could be:

- A voluntary organisation working with families to run a food bank.
- An organisation addressing holiday hunger.
- A healthy eating project that supports families to cook healthy meals on a budget.

To apply, visit <https://tescostrongerstarts.org.uk/> and fill in an application form.



FREE TRAINING OPPORTUNITIES

The Hillingdon LADO is running free training sessions around the role of the LADO and managing allegations against staff and volunteers in the children's workforce.

This three-hour multi-agency course is suitable for designated safeguarding leads and/or senior leaders and managers who are responsible for managing allegations against staff in their settings (or supporting in the process), or as preparation for a role that requires this.

The course will:

- Provide an understanding of what an allegation is and how allegations against professionals/volunteers arise
- Explore national and local guidance in relation to managing allegations
- Provide an understanding of the different roles and responsibilities involved in effectively managing allegations including;
- the role of the Local Authority Designated Officer and the LADO process
- Increase confidence in your decision-making including through the exploration of case studies.



Dates available to book training via Learning Zone:

- Wednesday 15th November 12-1.30pm on Teams
- Wednesday 22nd November 10-11.30am on Teams
- 26 February 2024 – 09:30 – 12:30 (Online via MS Teams)

Please click this link to book:

[Managing Allegations against staff and volunteers/LADO training: Managing Allegations against staff and volunteers/LADO training - 2023/2024 \(learningpool.com\)](https://learningpool.com/Managing-Allegations-against-staff-and-volunteers/LADO-training-2023-2024)

For Learning Zone access related queries or help setting up an account, please email learninganddevelopment@hillington.gov.uk

VOLUNTEERING OPPORTUNITIES

To view the full role description, please click on the image of your chosen role out of the ones on this page.



volunteers needed

ARTS & CRAFTS GROUP VOLUNTEER

Carers Trust Hillingdon coordinates a peer support group for carers who enjoy painting or crafting and wish to get together to undertake their hobby. We are looking for someone who enjoys organising activities and has a keen eye for detail.

Commitment: You will be required fortnightly (2nd and 4th Thursday mornings). All volunteers are expected to undertake induction training at Carers Trust Hillingdon, both online and in person

For more information, contact volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post.



volunteers needed

SOCIAL MEDIA VOLUNTEER

We are seeking a social media volunteer to help increase our online presence and digitally engage with our online audiences via our Facebook, Twitter, Instagram, and YouTube channels. An interest in knowledge of or willingness to learn about health and social care services is ideal.

Commitment: We require a minimum of 3 hours per week that you can work remotely and for you to attend bi-monthly team meetings. Ideally a resident of the London Borough of Hillingdon.

For more information, contact volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post.



volunteers needed

VOLUNTEER COOK

We are looking for a friendly and enthusiastic volunteer who is able to dedicate some time to supporting the homeless in Hillingdon to cook/provide hot meals to the service users to ensure everyone gets a hot meal.

Commitment: The role is flexible, there are no specific days that are in need. Ideally, two-three days a week would be the most beneficial. Although we provide dinner around 5 pm, we can be flexible with the time that the food is prepared.

For more information, contact volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post.



volunteers needed

HOME VISITOR HAYES

Our community home visitors provide crucial social interaction for our veterans who can't reach our centres, and can often feel isolated or lonely. By popping by once a week or fortnight to see a veteran in their area, home visitors are a friendly face that can make all the difference to their lives.

Commitment: You will be required on Saturdays, Sundays, or Mondays. Weekly, we ask for 1½ hours each visit.

For more information, contact volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post.



**For further information, please contact
volunteerhub@h4all.org.uk to speak to a member of our
volunteer team.**

TRUSTEE VACANCY

London Catalyst was established in 1873 to help the 'sick and poor of London'. It is a charity that provides grants to support community health projects and to assist people in financial need. We are currently looking for new trustees to join a friendly and supportive group of people committed to tackling poverty and health inequalities in London.

Could it be for you?

Our trustees are keen to maintain a diverse Board that understands the lives of the communities we support through our grant-making. Knowledge of health and social care or community work is important, but you don't need previous charity experience. We value our trustees' experience and individual skills. If this is a new role for you, we can help with training and there is the option of buddying up with a trustee. We welcome applications from women and people from Black and minority ethnic communities, and Disabled people, currently under-represented on the Board.

What would I be doing?

Along with fellow trustees, you will share responsibility for overseeing the charity and setting strategy. The Board meets five times a year, late p.m., at our office at Waterloo, or via video conferencing. Trustees also serve on sub-committees for Grants and Finance. Visits to projects, often shared with other trustees, are encouraged to help a better understanding of the groups we fund.

Benefits

Volunteering in this role offers an exciting opportunity to learn new skills but can be unfamiliar at first. To help you settle in we can arrange for you to meet with fellow trustees, observe meetings and visit organisations we have funded. Further training and support can be arranged following appointment and as requested. Travel and training expenses can be claimed. There are other benefits too, as a trustee you can:

- Make a difference to the health and wellbeing of Londoners
- Help tackle poverty and inequality
- Learn how charities and civic society operate
- Help us reflect the communities we serve
- Match good causes to our charitable aims
- Participate in events: collaborate, fundraise, assist at the AGM
- Develop management skills and gain experience at a board level

Applying

If you have any questions or would like to discuss the role further, without commitment at this stage, call Victor Willmott 07530 290 476.

If you would like to be considered for the position, please submit a CV with a short statement about why you would like to join the charity, by emailing victor.willmott@peabody.org.uk

PROFESSIONAL OPPORTUNITIES



Disability Does Not Mean Inability

Wood End Centre, Judge Heath Lane, Hayes, UB3 2PB

www.dash.org.uk

0208 848 8319

Reg. Charity No. 1093818, Reg. Company No. 4204456



JOB DESCRIPTION

Job Title:	Fundraising and Business Development Officer
Hours:	24 hrs per week
Rate of Pay	£15 per hour, one-year fixed term
Supervisor:	Chief Officer
Place of work:	Wood End Centre, Judge Heath Lane, Hayes, UB3 2PB
Contacts – Internal	DASH Trustees, staff and volunteers
Contacts – External	Council departments, community groups, health professionals, clients, families, wider public.

Closing date: Tuesday 31st Oct 4.30pm

Please send completed applications to info@dash.org.uk

UPCOMING EVENTS



no excuse for abuse

Domestic & Sexual Abuse Support Service

Coffee & Chat



Register Today!



10th November 2023

11am - 1pm

Morello Lounge
Uxbridge
UB8 1JN



No Excuse For Abuse CIC is a Community Interest Company, located in High Wycombe, Buckinghamshire and Hillingdon, serving West London and the South East of England. Their primary focus is to support individuals who have experienced domestic or sexual abuse and to help facilitate their recovery. They will host a Coffee Morning at Morello Lounge in Uxbridge on **10th November 2023 from 11 am - 1 pm** for an opportunity to share about the range of services offered. Scan the QR code for more information.

UPCOMING EVENTS

INTERNATIONAL MENS DAY November 19

On November 19, International Men's Day celebrates worldwide the positive value men bring to the world, their families and communities. We highlight positive role models and raise awareness of men's well-being. Our theme for 2023 is "Zero Male Suicide". This event to open to all genders.

The 6 Pillars of International Men's Day are

- To promote positive male role models; not just movie stars and sportsmen but everyday, working-class men who are living decent, honest lives.
- To celebrate men's positive contributions to society, community, family, marriage, child care, and to the environment.
- To focus on men's health and well-being; social, emotional, physical and spiritual.
- To highlight discrimination against men; in areas of social attitudes and expectations, and law
- To improve gender relations and promote gender equality
- To create a safer, better world; where people can be safe and grow to reach their full potential.

There are plenty of events happening across the month of November in Hillingdon. These can be found via the link below under the tab "Local Events". We welcome all of you to join us at The Beck on November 9th from 5 pm for talks on men's issues on stage, hosted by comedian Rich Wilson (host of the Insane In The Men Brain podcast), alongside authors Simon Mason and H B Lyle. This will be followed by a Comedy night by HellFire Comedy Club. Tickets can be booked via this link: [International Men's Day | Beck Theatre, Hayes](#)

MyHealth Hillingdon will be holding Health talks on the day which can be booked [on this link](#).

The planner below shows the wide range of events available to choose from across the borough in libraries, children's centres, and other community venues that celebrate the men in our community.

International Men's Day

On November 19, International Men's Day celebrates worldwide the positive value men bring to the world, their families and communities. We highlight positive role models and raise awareness of men's well-being. Our theme for 2023 is "Zero Male Suicide". Together we can stop male suicide.

INTERNATIONAL MENS DAY November 19

The month of November is important for the masculine soul because it gathers several events that are important to men. [Movember](#) is the month we focus on raising money for men's health. On November 20, we celebrate [International Children's day](#) which then forms 48 hours of celebration for men and children, and the special relationship they share.

Planner

Date & Time	Who	Venue	Resources
Tuesday 7th November 7pm Open to all men	The Proper Blokes Club	Uxbridge Train Station	Promotion for engagement
Tuesday 7th November 11am Raising Responsible Teenagers	Brilliant Parents	Hayes Muslim Centre	Open event

8 ACTIONS TO RESILIENCE



RESILIENCE IS GOOD FOR WORKPLACE MENTAL HEALTH

Here are 8 ways employees can develop resilience:

1

Create & appreciate positive relationships



2

Practice viewing obstacles as opportunities or challenges



3

Celebrate success, even small ones



4

Craft a life/career plan



5

Develop more confidence



6

Learn to see things from a different angle



7

Restructure your mind



8

Be flexible



THE WELLBEING SERVICE



Are you...

Having difficulty managing a long term health condition?
Isolated or lonely?
Unsure of where to find support?

If you are:

- 18 or over
- A Hillingdon borough resident
- Or registered to a Hillingdon GP

You can contact our **FREE Wellbeing Service** for support.



H4All's **FREE Wellbeing Service** can help you access:

Information,
Advice &
Support

Home visiting
services

Community
Support

Counselling &
Befriending

Social clubs &
Groups

Volunteering
Opportunities

How to refer

- If you are unsure whether the service is appropriate for you or someone you wish to refer, please call us on 01895 54 34 34 or email us: info@h4all.org.uk
- Anyone can refer using the **secure referral form on our website:** www.h4all.org.uk/refer-to-us
- Alternatively, you can email us for a referral form to be completed and sent via our secure **NHS email:** nwlhhs.h4allwellbeing@nhs.net

JOIN OUR TEAM!



Our staff are at the heart of H4All, and the quality services and support we deliver to the community. With some exciting changes coming our way, we are looking to grow our already brilliant team.



We have some exciting new opportunities to work in an innovative and supportive environment.

If you'd like to be part of our growing team, please make sure you check our vacancies via our website and social media. **Details are below.**

Contact Us:

-  01895 54 34 34
-  info@h4all.org.uk
-  www.h4all.org.uk
-  @h4allorg
-  @H4All_Charity
-  @h4allorg
-  @H4AllOrg



FOLLOW US ON OUR SOCIALS!



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