

Hillingdon Community Voice

Keeping connected, to stay stronger together.



WINTER Edition – January 2024

From all of us at H4All, we'd like to wish you all a happy New Year ahead.



Here's
to a
New Year

There have been many changes within H4All and with this in mind, the Hillingdon Community Voice (HCV) looks a little different. We hope you enjoy the new look and features.

Thank you for all of your support.

Spotlight

Welcome to Spotlight, our new feature so we can get to know our teams, and wider partnerships!



Emily Glennerster
MyHealth Programme Manager



Q: What's your role at H4All and tell us a little about your department?

A: I am the Manager of the MyHealth Programme. MyHealth is a patient empowerment and education service, giving the residents of Hillingdon the information and confidence they need to better manage their long term health conditions.

Q: Can you share a fun fact about yourself that not a lot of people know?

A: I celebrate my half birthday (or try to) every year.

Q: What's your biggest achievement in your career and what did you learn from it?

A: My biggest achievement is that I first entered into the world of H4All as a volunteer on their 'Just to Talk' service. This is where I absolutely fell in love with the organisation and the team and now I'm the Manager of the MyHealth programme. The thing I have learned is to just be patient with yourself and make sure you're surrounded by great people that lift you up, celebrate you and don't judge you for wanting to celebrate your half birthday, just as an example.

Q: What advice would you give to someone looking to create an impact in the voluntary sector?

A: You've just got to be yourself, which I'm sure is great. Any amount of help or work in the third sector, whether that's working or volunteering, will make a positive impact on someone. Just one comment or smile could change someone's day for the better.

Q: What song would you choose as your entrance music to any room?

A: 'Dancing Queen' by Abba. This song was my anthem when I was 17, and I love a dance, I can say I've cut some questionable shapes on the dance floor in my time.

Q: Can you recommend to our readers an odd food combination that strangely works?

A: I LOVE pickles, and honestly anything goes with a pickle, especially prosciutto. A prosciutto wrapped pickle, a real delicacy.

Q: If you could go back in time and give your younger self a piece of advice what would it be?

A: Don't forget to live laugh love.

Service Updates



In case you've missed it, we are delighted to officially announce that we have secured 5-year funding from The National Lottery Community Fund. With exciting new prospects on the horizon, we are also looking to hire for three new and innovative roles to expand our Community Development Team.

The team's primary objectives are to:

- Grow resilience and increase the capacity of Hillingdon's health-focused voluntary sector organisations;
- Promote innovative approaches to improving population health and wellbeing, and;
- Improve collaborative working across the voluntary sector.

We are
HIRING



Click on the arrows to be taken to your desired role!

Health and Wellbeing Programme Officer



Communications and Engagement Officer



Community Development Officer



For more information or an informal chat about any of the roles, please contact:
Sally Chandler, Chief Executive, Carers Trust Hillingdon: s.chandler@carerstrusthillingdon.org

Or visit our website to view all roles: www.h4all.org.uk/jobs

Service Updates



H4All Visits the Mayor's Parlour


H4All were delighted to accept an invitation from The Worshipful the Mayor of Hillingdon, Cllr Shehryar Ahmad-Wallana to visit his Parlour on 2nd November. H4All were recognised for our work in the community and some of the H4All staff and volunteers enjoyed a lovely afternoon tea in the parlour. It was really interesting to hear about the history of some of the items on display in the parlour and to hear about the Mayors journey to office.

He spoke passionately about his work in Hillingdon to date and shared with us the work his two chosen charities Halo Children's Foundation and Al-Falah Institute do. We would like to say a huge thank you to the Mayor and his team for a wonderful afternoon.



MyHealth Workshops

Click on a workshop name to be taken to their booking page.



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. Each workshop runs for 2 hours, and is facilitated by a health professional, in a group setting, both online and face to face.

For more information head over to the MyHealth website:
www.myhealthhillington.co.uk

Workshops	Dates & Times			
Diabetes Type 2	Wednesday, 10th January 9:00am	Saturday, 20th January 10:00am	Saturday, 3rd February 10:00am	Wednesday, 7th February 11:00am
Pre-Diabetes	Wednesday, 10th January 11:00am	Tuesday, 6th February 11:00am		
Hypertension & Cholesterol	Wednesday, 29th February 9:30am			

**WE'RE
HIRING!**



www.h4all.org.uk/jobs

We are looking for a **Programme Coordinator** to join the MyHealth team!

Back to Health Project

An innovative, volunteer-led support hub, to reduce readmissions and pressures on health services.



H4All will be leading the launch of a new and innovative volunteer-led support hub supporting Hillingdon Hospital's ophthalmology department to reduce DNAs (Did Not Attend) and readmissions.

This initiative is a true collaboration, with professionals across voluntary, health and care sectors joining forces to empower residents to overcome challenges in attending their appointments and therefore reducing readmissions.

Through their data, Hillingdon Hospital identified that the ophthalmology department had the largest number of people missing their appointments, which has a huge impact on the hospital financially, and on patients' deteriorating health.

It is understood that people often encounter many challenges to attending appointments, whether that's transport issues, cultural / language barriers, social and /or personal challenges, etc. The aim of this project is to guide people through any barriers so that they may attend appointments or cancel in advance, which will alleviate waiting list pressures and the risk of readmissions.

There will be a 'soft launch' towards the end of November with a view to fully launching in January 2024.

The Project

A team of trained and compassionate volunteers will be led by a volunteer coordinator, along with a clinical lead on hand for any health-related concerns or issues people may have.

They will contact people on the ophthalmology waiting list, with the intention to remind, guide and inform people of their appointments. During this call, people will be able to cancel appointments in advance - relieving waiting list pressures, as well as openly discuss any potential challenges to attending. People will be offered signposting to appropriate services should their difficulties need more specialised support.

The successful Compassionate Hillingdon service, operating under H4All, will be integrating its volunteers into the Back to Health project, with ongoing guidance, training and support from the volunteer coordinator and clinical lead.

Who's involved?

Helpforce has been integral in supporting with the project framework and lead up to the launch, along with the essential ongoing collaboration and support from: The Hillingdon Hospitals NHS Foundation Trust, The London Borough of Hillingdon – Health & Wellbeing Board, Colne Union Primary Care Network, The Confederation Hillingdon and North West London Integrated Care Board.

Hopes for the project

H4All hopes that this project will be able to support in; the reduction of DNAs and service pressures, creating fulfilling roles for volunteers, strengthen community service referrals, creating cost savings for the NHS, and developing more project collaborations in similar ways to emulate across other departments and hospitals.

To find out more about our collaborators Helpforce and The Confederation Hillingdon, please visit their websites:

- <https://helpforce.community/>
- <https://www.theconfederationhillingdon.org.uk/>

Back to Health Project

Here's what some of our staff had to say about the new project!

"It's exciting to see the culmination of all the hard work from everyone involved come together for this project. I'm looking forward to seeing this project thrive and really make a difference to not only patients' wellbeing but that of the hospital through reduced pressures and DNAs."

- Josh Thorpe, Project Development and Education Services Manager

"I am very excited to bring together volunteers from Compassionate Hillingdon to be involved in this new project and see how they flourish. I truly hope that this service helps people feel supported while waiting for their appointments."

- Karen Bonnick, Compassionate Hillingdon Manager

"Back to Health is a great example of partnership working that brings together The Hillingdon Hospital, Colne Union PCN, H4All and HelpForce, to help residents wait well, get well, recover well, and live well, through the support of volunteers."

- Fiona Hill, H4All & 3ST Managing Director

H4All
stronger together

The Wellbeing Service

H4All
stronger together

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

Ways you can refer:



- Anyone can complete a referral form here: www.h4all.org.uk/refer-to-us
- Alternatively, you can send a referral form to our NHS email: nwlhns.h4allwellbeing@nhs.net



If you're unsure whether to refer, or prefer to complete an offline referral form, contact us now on: 01895 54 34 34 or email us: info@h4all.org.uk

Funding Opportunities



The
Henry Smith
Charity
founded in 1628

Strengthening Communities Grant Programme

The grant programme aims to support small, grass roots organisations who are embedded in the community, working within the most deprived areas of the UK. Through this grant programme we want to make sure that our funding reaches organisations that provide services which are widely accessible to the whole community and respond to, and address the needs of the people living in it.

Funding is for established organisations with a track record of delivering services directly to beneficiaries and to fund work that enables:

- People from across the community to participate in activities which improve connectedness, opportunities and wellbeing
- People who are excluded, vulnerable or facing other forms of hardship to have access to community-based services that support positive lasting change
- A stronger, active, more engaged community

To find out more: <https://www.henrysmithcharity.org.uk/strengthening-communities-overview/>

Grant size:	£20k – £70k per year (see FAQs for how much to apply for)
Length:	1-3 years (most grants are for 3 years)
Decision timescale:	Within 6 months
Deadlines:	none

Funding Opportunities



Community and Voluntary funding:

Social connections and community activities are at the heart of creating healthier, happier lives and a flourishing society. That's why The National Lottery Awards for All England support amazing community-led projects.

You can apply for funding to deliver a new or existing activity or to support your organisation to change and adapt to new and future challenges.

We can fund projects that'll do at least one of these things:

- bring people together to build strong relationships in and across communities
- improve the places and spaces that matter to communities
- help more people to reach their potential, by supporting them at the earliest possible stage
- support people, communities and organisations facing more demands and challenges because of the cost-of-living crisis.

To find out more:

www.nlccommunityfund.org.uk/funding/programmes/national-lottery-awards-for-all-england#section-1

Grant size:	£300 - £20,000
Length:	Up to 2 years
Decision timescale:	Apply at least 16 weeks before you want to start the activities or spend any of the money
Deadlines:	Ongoing.

Funding Opportunities



helpforce

CW+

NHS
CHARITIES
TOGETHER

NHS
England

Volunteering for Health Fund:

The programme is being delivered by NHS England, NHS Charities Together and CW+, the official charity of Chelsea and Westminster Hospital NHS Foundation Trust. It will award around 15 grants to both new and more established partnerships of organisations to work together to build volunteering capacity and capability. Each grant award will be a mix of tailored support and funding up to £550,000 each over three years.

They are looking for applicants that will:

- develop robust volunteering infrastructure
- test new ways of working that help break down barriers to volunteering
- test or develop new volunteering models

They particularly encourage applications from areas that might not have worked in this way before, and those that are ready to pioneer new ideas. They will be evaluating the programme and will share what works. They will also use their findings to raise the profile of volunteering and to influence policy. Ultimately, they want to ensure volunteering is a more prominent and better supported element of healthcare nationally and locally.

For more information: <https://www.cwplus.org.uk/volunteeringforhealth/>

Grant size:	Up to £550,000
Length:	Over 3 years
Decision timescale:	Not stated: Information session will be held. Follow the link above for more information.
Deadlines:	For phase 1 submissions: Friday 23 February at 5pm.

Volunteer Opportunities

Click the button below to be taken to the volunteers page to find more roles or click on your desired role to download the full role description.

[CLICK HERE](#)



Dementia Friends



Age UK Hillingdon, Harrow & Brent are looking for compassionate people to become dementia friends and support those living with dementia with attending at least 6 planned activities sessions.

Commitment: Once matched, you must be committed to 6 weeks 1:1 session or more with those living with Dementia.

Collection Tin Volunteer



Harlington Hospice are seeking support within their fundraising team by collecting and distributing their collection tins to local businesses and community organisations, helping to raise essential funds.

Commitment: Flexible to suit your availability but require support during office hours.

Assistant



Hillingdon Shopmobility is a charity run solely by volunteers and provide daily hire of scooters and wheelchairs for use in the Uxbridge shopping area. They need someone to support their customers.

Commitment: A minimum of ½ a day a week on a set day. If you are not able to commit we also have "friends" roles.

Adviser



Citizens Advice, Hillingdon are looking for advisers to join their team. This role involves supporting residents with various concerns, such as benefits, debt, employment and housing. Training and development is included.

Commitment: Can be flexible but ideally 8 hours per week, which can be over one day or spread over two days, for at least 12 months.

For further information, please contact us on: **07395 282 825**
or email **volunteerhub@h4all.org.uk**
to speak to a member of our volunteer team.

Family Support Volunteers Needed

Are you a parent or grandparent?
Do you have half a day a week to spare?



Next Volunteer Preparation Course Starts: 22nd February 2024

8 Sessions (over 8 weeks)-Thursdays 9:45am -2:30pm (term time only)
"Excellent, well presented training, support and brilliant communication"
"The support given to families and to volunteers is outstanding."

Use your knowledge & experience to support families under stress with at least 1 child under 5. We train volunteers to visit families in their own homes to give support, befriending & practical help.



Contact us to find out more:
Call: 01895 252804
office@homestart-hillingdon.org.uk
www.homestart-hillingdon.org.uk

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Corporate Volunteers



Are you a voluntary or community organisation needing one-off volunteer support? Then this may be of interest to you!



H4All are occasionally approached by corporate organisations looking for one off (1 or 2 days) volunteering opportunities for their staff teams. We are working towards building a register of volunteer opportunities that could suit this type of support.

This might be:

Gardening / tending to communal areas

Painting / decorating

Running an event / campaign

Food drop offs / charitable deliveries

If you have opportunities for occasional corporate volunteer support, then we'd love to hear from you!



For further information, please contact us on: **07395 282 825** or email **volunteerhub@h4all.org.uk** to speak to a member of our volunteer team.

REN (Research Equalities Networks) Roadshows – New Event

The ICS (Integrative Care System) REN programme is a project funded by Imperial College London, and delivered throughout North West London. This work focuses on health inequalities in different areas and aims to target minority and marginalised communities to increase engagement and research. Through a data driven approach in Hillingdon, H4All is working with the local primary care networks to run bespoke roadshows throughout the borough within each area. Each roadshow focuses on Hypertension education to increase knowledge, skills, and confidence within that area as well as identifying new ways we can help people.

FREE HEALTHCARE EVENT

SUPPORT YOUR WELLBEING AT OUR **HEALTH HUB** NHS
BP CHECKS, WORKSHOP'S & MORE

TUESDAY 23RD JANUARY



REGISTER TO JOIN US:
SESSION 1: 10:30-11:15 OR
SESSION 2: 13:30-14:30

HAYES & HARLINGTON COMMUNITY CENTRE,
ALBERT RD, UB3 4HR

REGISTER TO JOIN



NIHR | Applied Research Collaboration Northwest London **H4All** stronger together

FREE HEALTHCARE EVENT

SUPPORT YOUR WELLBEING AT OUR **HEALTH HUB** NHS
BP CHECKS, WORKSHOP'S & MORE

TUESDAY 30TH JANUARY



REGISTER TO JOIN US:
SESSION 1: 10:30-11:15 OR
SESSION 2: 13:30-14:30

WINSTON CHURCHILL THEATRE
PINN WAY, HA4 7QL

REGISTER TO JOIN



NIHR | Applied Research Collaboration Northwest London **H4All** stronger together

FREE HEALTHCARE EVENT

SUPPORT YOUR WELLBEING AT OUR **HEALTH HUB** NHS
BP CHECKS, WORKSHOP'S & MORE

THURSDAY 1ST FEBRUARY



REGISTER TO JOIN US:
SESSION 1: 10:30-11:15
OR
SESSION 2: 13:30-14:30

BELL FARM CHRISTIAN CENTRE,
WEST DRAYTON, UB7 9LW

REGISTER TO JOIN



NIHR | Applied Research Collaboration Northwest London **H4All** stronger together

FREE HEALTHCARE EVENT

SUPPORT YOUR WELLBEING AT OUR **HEALTH HUB** NHS
BP CHECKS, WORKSHOP'S & MORE

TUESDAY 6TH FEBRUARY



REGISTER TO JOIN US:
SESSION 1: 10:30-11:15
OR
SESSION 2: 13:30-14:30

ST ANDREW'S CHURCH,
HILLINGDON RD, UB10 0AE

REGISTER TO JOIN



NIHR | Applied Research Collaboration Northwest London **H4All** stronger together

WOMEN'S WALKING FOOTBALL

for the over 40's (ish...)



Free!

Are you are looking for a fun, friendly way to stay active and meet new people? Come and join us!

No experience needed, everyone from beginners to pro's welcome.



**TRAINING FROM FA
QUALIFIED COACHES EVERY
FRIDAY 6PM - 7PM**

Hillingdon Sports & Leisure
Complex 3g pitches

contact

Supported by



07917 458 187



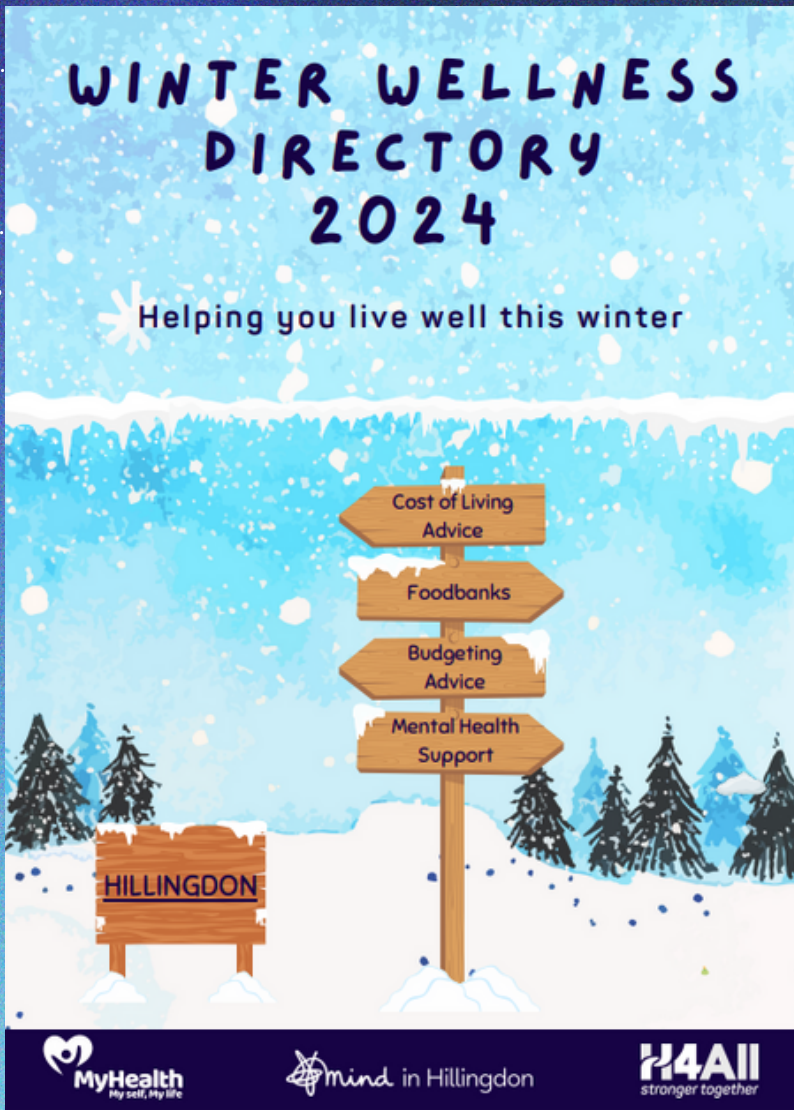
@uxbridgephoenix



Uxbridge Phoenix



The Winter Wellness Directory is Back!



In 2022 H4All launched a directory in response to the cost of living crisis, along with the upcoming cold, winter months. We are excited to announce the most recent edition is finally here! With various community partners, we've accumulated a wealth of information, guidance, services, and events that may help you through this next year.

Click the image to download the full directory.



Warm Welcome Centres.

Check out the London Borough of Hillingdon's time table of Warm Welcome Centres in our Winter Wellness Directory.

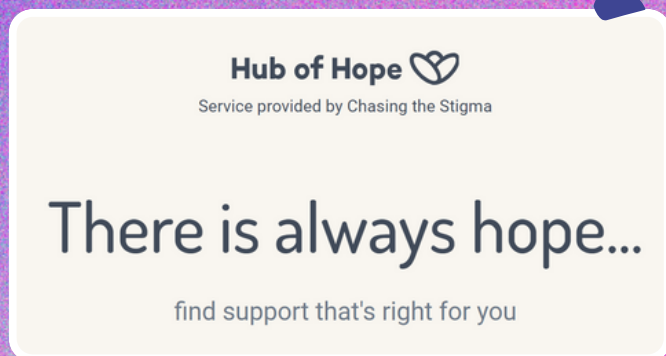


HILLINGDON
LONDON

Wellbeing & Support Resources



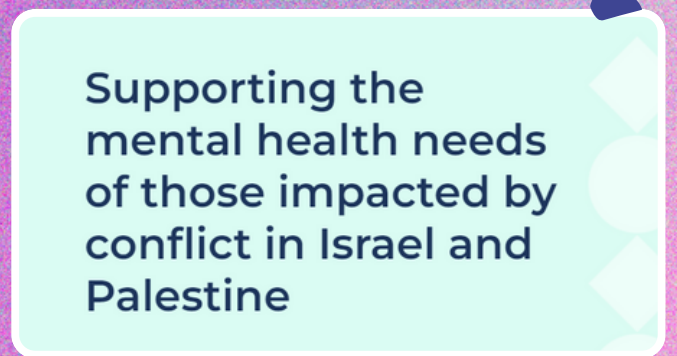
You can access the Hub of Hope by phone, on their app, or website. If you or someone you know needs support and unsure where to go, find out here. Click image below to be taken to their website.



"The Hub of Hope is a UK mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

To date, the Hub of Hope has directed hundreds of thousands of people to life-changing and even life-saving support and it is now the UK's go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed." - Excerpt from Hub of Hope website: <https://hubofhope.co.uk>

If you, or someone you know has been impacted by the ongoing devastation in Palestine, Israel and surrounding areas, visit: Thrive: LDN. Click the image below to find all available resources.



"Thrive LDN is a citywide public mental health partnership to ensure all Londoners have an equal opportunity for good mental health and wellbeing. As part of our role supporting health, social care and political leadership on public mental health, we have stepped up support to a number of geo-political crises in recent years.

This has involved working with grassroots and diaspora communities to develop targeted support and wellbeing resources for refugees, asylum seekers and displaced people, as well as developing wellbeing resources for wider crisis situations affecting Londoners' mental health and wellbeing." - excerpt from Thrive LDN website: <https://thrivedn.co.uk/>

Contact Us



01895 54 34 34



info@h4all.org.uk



info@h4all.org.uk

For more, follow our social media pages

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