

APRIL 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 June, August, October or December, then please email me at VHarrison-Carr@h4all.org.uk

Vicki Harrison-Carr
Community Development Manager

OUR RECENT HIGHLIGHTS

It has been an absolute joy for the team to be out at some great recent events across the borough. We were out in full force at the empowering and emotive International Women's Day event at The Beck Theatre in Hayes on 8th March. It was such a privilege for H4All to be involved as an organising partner.



Another calendar highlight was the HBTIG Brain Tumour and Injury Awareness Conference at the Civic Centre on 25th March. Well done to the team for coordinating such an educational and inspiring agenda.



SECTOR NEWS



By way of a reminder, 3ST is a collaboration of 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. We introduced them in our last bulletin.

To recap, 3ST is led by a group of like-minded charities, which 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 2.4 million residents of Northwest London;
- Engage with the emerging structures of the new Integrated Care System (ICS) and 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 continue to work hard to raise the profile of all the great work that is done across the region and are hopeful that we will soon receive an investment from the ICS to support our development. This will enable us to invest more time in achieving our aims and, more importantly for you as a voluntary organisation working in Hillingdon, to improve both communication and how we work with you. We will be extending membership to all Hillingdon members of the HWB Alliance and starting to provide opportunities for you to learn more and contribute to setting priorities. You will read it here first, so please keep your eye out as we get more organised.

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.



Would you like to join us?

Offering an exciting opportunity to work with us in NW London

As part of the governance and delivery structures for 3ST, there is a Strategy group that meets six times per year. It is open to third sector representatives from across the eight boroughs of NW London, with each borough allocated four places.

H4All is seeking expressions of interest from senior managers in voluntary sector organisations in Hillingdon to become part of the Strategy group. The commitment is attendance at a minimum of six meetings per year to:

- Support the promotion of the third sector as an equal partner in the emerging NW London Integrated Care System (ICS)
- Use intelligence from working in Hillingdon to share learning – and learn from other charities – which are working across the other seven boroughs
- Drive the development of 3ST as the 'voice' of the sector and to educate the system about the role we can - and do - play in population health management
- Represent the sector on selected boards and working groups to ensure we are an integral part in the design and delivery of health and care support to residents.

Full support and mentoring will be provided to the successful applicants. If you would like to learn more, please have a look at the 3ST website: www.3stnwl.org.uk and/or book a call with Sally Chandler if you would like an informal chat about this opportunity. Sally can be contacted on s.chandler@carerstrusthillingdon.org



HEALTH AND WELLBEING ALLIANCE

Started in 2019, H4All's HWBA is the borough's leading voluntary sector forum with over 50 members. Our next meeting will be face to face and take place on Tuesday 10th May, 2-4pm at Kate Fassnidge Hall, Uxbridge.

The agenda will include details of funding and training opportunities, as well as guest speakers. If you would like to attend or have any questions, please contact community@h4all.org.uk

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.



H4All COMMUNITY DEVELOPMENT TEAM WARMLY WELCOMES YOU TO THE

HILLINGDON HEALTH & WELLBEING ALLIANCE

THE BOROUGH'S LEADING VOLUNTARY SECTOR FORUM



Join us for the opportunity to network and engage with us in:

- Feedback from consultation with orgs on sector recovery needs e.g. funding, training, facilities
- Receive key public health messages from our statutory partners
- Hear from our teams about current projects
- Hear from our guest speakers of the day

CONTACT US ON
COMMUNITY@H4ALL.ORG.UK
TO CONFIRM ATTENDANCE

KATE FASSNIDGE HALL
2 HAREFIELD RD,
HIGH ST, UXBRIDGE UB8 1GW

TUESDAY
MAY
10
2 - 4 PM

FREE TRAINING FOR VOLUNTARY SECTOR ORGANISATIONS

Following the consultation at February's Health & Well-being Alliance meeting, we have secured some fantastic training around governance and trustees for charities and community organisations based in LB Hillingdon. Workshops are free to attend and will be held online. If you would like to attend either workshop or have any questions, please contact community@h4all.org.uk

Finding the trustees you need to survive and thrive

Date: Tuesday 17th May

Time: 2-4pm on Microsoft Teams



Does your organisation struggle to recruit the trustees it needs? Could a broader range of trustees with relevant professional skills, networks and life experiences help your charity survive and thrive in the current difficult circumstances? This workshop will give you practical, proven tricks and tips to recruit and retain trustees.

The session will be delivered by trustee recruitment charity, Getting on Board, and is particularly aimed at the trustees, staff or volunteers of small to medium sized charities who are responsible for trustee recruitment. The workshop is also suitable for voluntary organisations keen to find management committee members, and for schools looking for governors. This free, practical workshop will help you to strengthen and diversify your Board and attract a wider range of local volunteer trustees.

SUPPORTED BY
MAYOR OF LONDON

Become a trustee - the what, why and how

Date: Tuesday 7th June

Time: 5-7pm on Microsoft Teams



Have you ever thought about becoming a charity trustee? Trustees work together as a team to guide the work of the charity. Having a diverse group of volunteers makes a trustee board stronger so it's an opportunity open to everyone whatever your skills, life experience, age, culture or background. It's a hugely rewarding role and a great way to make a difference to a cause you care about.

This webinar will give you an introduction to the role of the Board of Trustees, what it's like to be a trustee and why you might want to be one. We will give you tips on how to find the right role for you, advice on how to apply and what you might expect from your organisation

The session is delivered by Reach Volunteering, experts in trustee recruitment, and is particularly aimed at people who are new to finding out about trusteeship, those looking for a new role or existing trustees who would like a bit of a refresher and local networking.



FUNDING OPPORTUNITIES

Co-op Local Community Fund – Applications open from 3rd May 2022

When Co-op members buy selected Co-op branded products and services, 2p for every pound spent goes to the member and the same is given to local communities. This is then split between the Local Community Fund and the Community Partnerships Fund. 1p from every pound a member spends goes to help thousands of grassroots community projects through the Local Community Fund, with members being able to select which local cause they want to support. They also give all money raised from shopping bag sales to their causes, to help even more. Since 2016 Co-op members have raised more than £70m for over 21,000 causes.



They select three new causes in each of their communities every 12 months. **Applications will open again between 3-30 May 2022.** To be accepted you must have a project in mind that will benefit your local community. Many applications are from charities or local community groups, but as long as your organisation isn't run for private profit you can apply.

In 2022 Co-op are supporting projects that:

- Enable people to access food and co-operate together to feed communities
- Help improve people's mental wellbeing.
- Offer young people opportunities to develop new skills and make change happen
- Help to protect biodiversity or tackle climate change by reducing carbon emissions

All applications will be made via the Co-operate platform, which is an online community centre for cooperation. Register your organisation ahead of the application window. You can list your events and find volunteers in your local area at any time - www.co-operate.coop.co.uk

If you would like to know more about the Local Community Fund, or even if you'd like support in other ways, please contact your local Co-op Member Pioneer.

Ruislip, Ickenham & Harefield - Samantha Queen, 07815 485712, samantha.queen@coop.co.uk

Hayes & Harlington - Patsy Stringer, 07890 108312, patsy.stringer@coop.co.uk

Hillingdon & Uxbridge - Hammaad Ahmar, 07790 347300, hammaad.ahmar@coop.co.uk

Juliette O'Loughlin, Member Pioneer Coordinator – West London Tel: 07971 656246 Email: juliette.o'loughlin@coop.co.uk

VOLUNTEER HUB

COMPASSIONATE HILLINGDON



Role: Compassionate 'Friend'

Department: H4All Community Development Team

Location: Community-based, within the borough of Hillingdon

Responsible to: Compassionate Hillingdon Coordinator

Compassionate Hillingdon is a service offering free, community-led support for people nearing the end of their life through age or illness, people living with a long-term health condition or people who are lonely or socially isolated and in need of extra support. Compassionate Hillingdon are putting together a network of trained volunteers who are willing to offer their time, companionship and support to people living in their community.

Time commitment:

- Flexible around your schedule but ideally 1-2 hours a week
- You are encouraged to attend 4 Compassionate Hillingdon development meetings per year

Tasks and activities:

- Offer companionship, emotional support and a listening ear
- Provide practical support such as making a cup of tea or changing a light bulb
- Help people stay connected to their friends, family and the community

The above list is not exhaustive.

Training and support

- 2 days of Compassionate 'friends' training (Mandatory for face to face support)
- Training and support at Compassionate Hillingdon development meetings
- Access to CPD accredited training courses through Care Skills Academy

Other Information

- You must be 18 years old or over
- You will be required to complete a DBS check and provide 2 references

H4All values the diversity that volunteers can bring to the charity and welcomes volunteer applications from all sections of the community

If you are interested in taking part, please contact volunteerhub@h4all.org.uk for further information.



DASH

DASH challenges people's perceptions and encourages disabled people of all ages to reach their full potential. They provide advice, support and activities that allow disabled people to take control of their lives and become more independent, confident and part of the community. DASH is an inclusive organisation and promotes independence to every individual.



DASH recently welcomed Brunel Student Volunteers to their activity hub in The Pavilions. It was a bustling and busy atmosphere with everyone of all ages engaging in the activities. The volunteers helped judge the closely-fought mini-golf tournament for the DASH cup, helped the service users to create Valentine's Day cards during an arts and crafts session and helped with line dancing as well as a bowling competition. The volunteers helped enrich the sessions and brought smiles to the faces of the participants.

DASH have lots of exciting volunteer opportunities available. If you are interested in please contact volunteerhub@h4all.org.uk



CANAL & RIVER TRUST

After nearly three years away, the Hayes Canal Festival is taking place once again on Sunday 29th May in Hayes town centre. There will be something for everyone to get involved and have a good time. There will be free boat trip, canoe sessions and visitors will have a chance to try their hand at fishing. For those who prefer to stay on land, there will be a variety of activities, including face painting, community and craft stalls, and a climbing wall. There will also be entertainment throughout the day.

Hayes Canal Festival 2022

Sunday 29 May 12pm – 5pm
Highpoint Village, Station Road, Hayes UB3 4FN



<https://canalrivertrust.org.uk/hayes-2022>

The Canal & River Trust staff are looking for people to help on Sunday 29th May with set up, take down and everything in between including welcoming visitors, stewarding, answering questions and generally making sure people have an enjoyable and safe time at the festival. No previous event experience is required. Hayes is a busy family festival with a great community feel so for most roles you will need the following skills:

- Friendly and approachable manner.
- Display the Trust values
- Enjoy being outdoors
- Enjoy meeting and talking to new people from all backgrounds
- Working in a team as well as on own
- Willingness to learn new skills and gain new information.
- Excellent attitude to safety



For more information, please contact: volunteerhub@h4all.org.uk



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**

May

5th Menopause Peer to Peer 5:30 - 6:30

7th Type 2 Diabetes D&N 10:00 - 12:00

10th Menopause 17:00 - 19:00

14th Pre Diabetes 10:00 - 12:00

16th A&D 2pm - 4pm

17th Type 2 Diabetes 16:00 - 18:00

21st Pre-Diabetes D&N 10:00 - 12:00

**23rd Hypertension &
Cholesterol 13:00 - 15:00**

23rd Pre-Diabetes 16:00 - 18:00

25th Pre-Diabetes 9:00 - 11:00

25th Coaching 11:00 - 13:00

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

June

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

20th Stress Mgmt 14.00 - 16.00

27th Type 2 Diabetes 13:00 - 15:00



CARERS' WORKSHOPS



Carers Trust Hillingdon are running workshops for carers who are caring for those who are towards the end of life. Carers have told us they found these sessions very helpful when understanding what the future might hold and how to deal with it. Others, who have since gone through a loss, expressed appreciation that they were better equipped when the time came and did not feel so alone.

To recap, the three sessions are stand-alone and targeted at different stages of end of life care:

Workshop 1: Understanding palliative care – Wednesday 27 April 2-4pm - practical things the carer might want to know, the chance to discuss their feelings and how to start planning for what happens next. We will also have the Hospice v Home discussion

Workshop 2: Caring in the home for a loved one at end of life – Wednesday 4 May 2-4pm - practical skills needed to care at home and when to seek help. We will also talk about where they and their family can receive emotional support

Workshop 3: Dealing with death – Wednesday 11 May 2-4pm - offer strategies to cope with the emotions Carers will face as well as focus on the practical actions required and signpost to bereavement care services

To register, please contact:
Lynne Pritchard | Carers Development Officer
l.pritchard@carerstrusthillingdon.org
Mobile: 07595 957820

PATIENT EXPERIENCE SURVEY 2022

Hillingdon's Health & Wellbeing Board are asking people across the borough for their views about local pharmacy services.

Please complete this survey if you can. It will only take about 10 minutes to help us to understand how you might use pharmacy services, where services are good and if there are any areas that could be improved:



[Patient experience survey 2022 - Hillingdon Council](#)

DIGITAL SUPPORT SESSIONS



DIGITAL SUPPORT SESSIONS FOR OVER 55s

Session	Day	Time	Venue
Keep yourself safe online	Thursday 7 th April	10am-12pm	Brookfield Adult Learning Centre, Uxbridge
Get started with email	Thursday 7 th April	1pm-3pm	Brookfield Adult Learning Centre, Uxbridge
Accessing online council services <i>(email address required)</i>	Friday 8 th April	10am-12pm	Brookfield Adult Learning Centre, Uxbridge
Accessing the Government Gateway website <i>(email address required)</i>	Friday 8 th April	1pm-3pm	Brookfield Adult Learning Centre, Uxbridge
Get to know your smartphone	Tuesday 12 th April	10am-12pm	Brookfield Adult Learning Centre, Uxbridge
Get to know your iPad	Tuesday 12 th April	1pm-3pm	Brookfield Adult Learning Centre, Uxbridge



Booking is essential

To book, please complete this form:

<https://forms.office.com/r/cAnnLQ4tgU>

If you need help, please call 01895 556455

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