



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 2023, then please email me at VHarrison-Carr@h4all.org.uk.

In the meantime, we wish you a very merry, safe and warm festive season!

Vicki Harrison-Carr
Community Development Manager



OUR RECENT HIGHLIGHTS

Building on the success of our summer roadshows, we collaborated on the second series of community health events across the borough in close collaboration with The Confederation, Primary Care Networks and NHS colleagues from the NWL Engagement Team. With a Winter Wellbeing focus, the six events attracted 1330 attendees and were well received by the public and professionals.



The many positive outcomes from the events, included:

- My Health workshops sign ups
- Over 400 engaged with the Lung Health Programme
- Carers Trust Hillingdon picked up 19 new unpaid carers
- Registrations with our Volunteer Hub
- Patient Participation Group sign ups
- 100s of Blood Pressure Checks
- Over 30 Covid vaccinations





We would like to sincerely thank all the partners who provided stalls. We would also like to extend our gratitude to Mayor, Cllr. Becky Haggar and Deputy Mayor, Cllr. Shehryar Ahmad-Wallana who made guest appearances at four of the roadshows and were extremely engaged with attendees and professionals.



TEAM #M04ALL

A group of H4All staff, team #Mo4All raised £851 by doing the Move for #Movember challenge. During November the team each walked a total of 60km each to signify the 60 men we lose each hour to suicide. We walked our final 5K together by doing two laps of Ruislip Lido. We are extremely grateful to everyone that donated.



DISABILITY ASSEMBLY

We were delighted to be invited to present, be on the panel and have a stand at LB Hillingdon's Disability Assembly on 1st December. Delegates at the well-attended event were particularly interested in our Lung Health Engagement Programme for smokers and ex-smokers aged 55 to 74 years [Lung Health Checks For Smokers \(ageuk.org.uk\)](http://ageuk.org.uk) and our [Winter Wellbeing Directory](#).



VOLUNTEER CHRISTMAS PARTY

On Friday 9th December we showed our gratitude to our own Community Champions and Compassionate Friends volunteers by throwing them a Christmas party at the Civic Centre's Middlesex Suite. They were joined by some service users. The quiz and bingo were quite competitive.

We would like to express our thanks to Fiona Gibbs at LB Hillingdon for helping us to secure the venue, to the Coach & Horses in Ickenham for donating crackers and hats, as well as to Juliette O'Loughlin and Patsy Stringer from the Co-op Member Pioneer programme for donating food.



HAYES TOUR WITH DAVID BROUGH

We are grateful to David Brough of Hayes Town Partnership who took us on a tour of Hayes Town.

The team had the opportunity to engage with community groups based in the area, which will go a long way to widen our reach and strengthen our ties within the borough in order to benefit the wellbeing of Hillingdon residents.



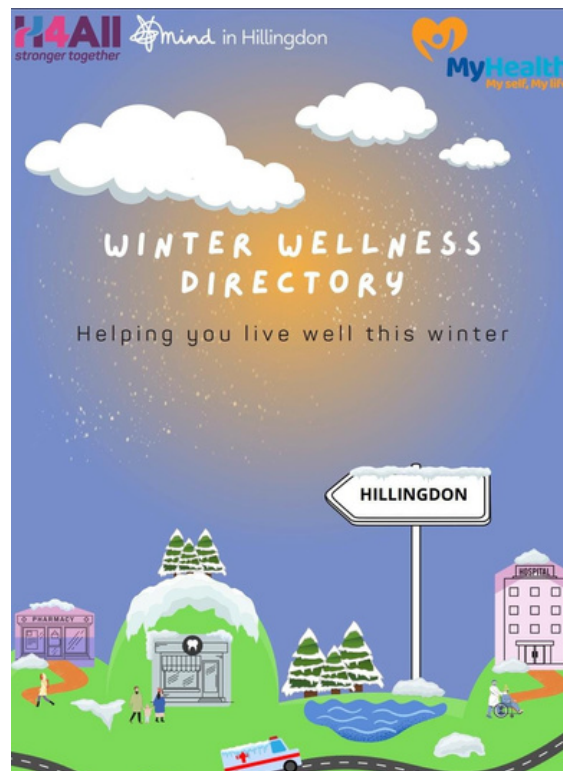
WINTER PRESSURES

H4All and partners are continuing to look at the cost-of-living crisis and how the sector can support locally. Our working group, includes the third sector, London Borough of Hillingdon and Health partners. If you would like to be part of the group or receive information, please contact Tazmin Kells on tkells@h4all.org.uk

H4All and Mind in Hillingdon have created a comprehensive Winter Wellness directory to support local residents through the challenges of this winter.

This has been very well received by both residents and professionals. We have now extended the reach of this invaluable document by having it translated into a number of community languages. Please click on your chosen version to access the directory:

- [English](#)
- [English - Accessible Version](#)
- [Arabic](#)
- [Farsi](#)
- [Punjabi](#)
- [Somali](#)
- [Urdu](#)



CELEBRATING THE HILLINGDON VOLUNTARY SECTOR

Do you know someone in Hillingdon who's:

- inspired you
- made a difference to the area they live in
- helped others
- worked to help change or improve lives
- done something extraordinary in the face of adversity?

Hillingdon's diverse and active third sector is abundant in staff and volunteers who go the extra mile to make a difference to Hillingdon residents and communities. So do consider nominating them for the Hillingdon Community Awards 2023. Nominees must live in Hillingdon or serve Hillingdon Communities. People cannot nominate themselves.

[Hillingdon Community Awards 2023 – Hillingdon Council](#)

HEALTH & WELLBEING ALLIANCE

Started in 2019, H4All's HWBA is the borough's leading voluntary sector networking forum with over 80 members. Typical agendas include discussions about sector sustainability, how best to serve local communities, details of funding and training opportunities, as well as guest speakers. Our recent December meeting had speakers and attendees from a diverse range of organisations including DASH, Bell Farm Christian Centre, Age UK HHB, Al Anon, Middlesex Association for the Blind, Brunel University, Learn Hillingdon, Hillingdon Women's Centre and Trinity Housing. Thanks to everyone for attending.

Our next meeting will be held at Key House in March 2023. 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



BEING FUNDABLE: FREE TRAINING WORKSHOPS

We recently ran three fantastic training workshops, delivered by Get Grants: Introduction to Fundraising, Being Fundable and Bid Writing. Thanks to the members of the local VCSE who attended.

For those who missed out, please contact community@h4all.org.uk to receive copies of the slides and resources. Watch this space for news of further free training in the New Year.

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:** nwlhns.h4allwellbeing@nhs.net

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
- Coproduce meaningful workshops with residents, clinicians, and commissioners to promote self-management.
- Reduce unnecessary A&E and GP attendance through education



The team are running Zoom, as well face to face workshops at Christchurch, Uxbridge in collaboration with Talking Therapies in 2023. Please contact MyHealth, rather than Christchurch, with any queries. Booking links in can be found below:

January 30th, 10am-12pm: Loneliness & Isolation at Christchurch

<https://www.eventbrite.co.uk/e/myhealth-loneliness-isolation-workshop-face-to-face-tickets-487526844917>

February 15th, 10am-12pm: Anxiety & Depression on Zoom

<https://www.eventbrite.co.uk/e/myhealth-anxiety-depression-workshop-tickets-162410196269>

March 20th, 12-14pm: Stress Management at Christchurch

<https://www.eventbrite.co.uk/e/myhealth-stress-management-face-to-face-tickets-487532541957>

April 17th, 10am-12pm: Anxiety & Depression at Christchurch

<https://www.eventbrite.co.uk/e/myhealth-anxiety-depression-workshop-face-to-face-tickets-487521358507>

To book on other workshops, please go to: WORKSHOPS | Myhealth Hillingdon

SERVICE UPDATES



Al-Anon Family Groups offers free and inclusive meetings for the benefit of the relatives and friends of problem drinkers.

The drinker can turn to Alcoholics Anonymous, rehab centres and hospitals for support, however the families and friends often have to cope on their own, unaware that there is support available to them.

Al-Anon family groups is there to provide understanding, help and hope to anyone whose life has been affected by someone else is drinking, regardless of whether that person is still drinking or not.

Al-Anon is –

- ❖ Confidential - your anonymity is protected by using your first name or pseudonym
- ❖ Free - there are no membership or registration fees, and there is no need to book
- ❖ Not religious - but spiritual and non-political
- ❖ Non discriminating

To find your nearest **Al-Anon** meeting call our confidential Helpline on **0800 0086 811** (10am-10pm) 365 days a year
email enquiries@al-anonuk.org.uk

Or visit the website – <https://al-anonuk.org.uk/getting-help/find-a-meeting/>

Follow us on Facebook, Twitter and Instagram

and listen to podcasts at www.al-anonuk.org.uk/podcasts

Al-Anon Family Groups offers free and inclusive meetings for the benefit of the relatives and friends of problem drinkers.

Uxbridge Al-Anon Family Group

Tuesdays 10:30am-12pm Christ Church (Room 8)

Redford Way, off Belmont Rd, Uxbridge UB8 1SZ

2 minutes walk from Uxbridge Bus and Tube stations

Church car park spaces available during meetings

UK Helpline: 0800 0086 811 (10am-10pm) www.al-anonuk.org.uk

VOLUNTEERING OPPORTUNITIES

Find below this edition's featured volunteer opportunities. Click on the image to be directed to the relevant role description on our website.



volunteers needed

COMPASSIONATE FRIEND

Compassionate Hillingdon is a free service, offering community-led befriending support for people who are at the end of their life, living with a long-term health condition or for people who are feeling lonely and isolated

Commitment: You will be a Compassionate Friend supporting an individual either face-to-face or by phone depending on your availability

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





volunteers needed

BEFRIENDING SERVICES VOLUNTEER

Befriending Services provide a regular supportive service to people aged 65+ who are lonely and isolated, and takes place in their own homes, in the community or on the telephone.

Commitment: We would appreciate any time commitment. However, a regular commitment of at least 1-2 hours per week for a minimum of 12 months would be ideal.

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





volunteers needed

FAMILY SUPPORT VOLUNTEER

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the most because childhood can't wait.

Commitment: A volunteering commitment of half a day a week and willingness to attend the initial training. The initial training is half a day a week for 9 weeks.

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





volunteers needed

INDEPENDENT VISITOR VOLUNTEER

Coram Voice exists to enable and equip children and young people to hold the system to account, to challenge and support it to do its job properly and to uphold the rights of children and young people to actively participate in shaping their own lives.

Commitment: Due to the nature of the role the minimum commitment time is two years. You will meet on a monthly basis where you will then take the young person out for a few hours.

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.



DISABILITY DOESN'T
MEAN INABILITY

Volunteers Needed

We are currently looking for people who are able to offer a commitment to help us in our Charity.



We need help with:

- Arts & Craft Specialist
- Music Specialist
- Activity Support
- Fundraising Volunteer
- Form Filling
- Admin



BENEFIT:

- Great work experience
- References provided
- Making a difference in your community

If you are interested in one of our volunteering roles please contact us.

JOIN US

 0208 848 8319



CONTACT

laura@dash.org.uk

MORE INFORMATION

www.dash.org.uk 

FUNDING OPPORTUNITIES

GLA Community Resilience Fund

Applications for the GLA's Community Resilience Fund will open on Wednesday 4th January 2023.

Working with London Plus, they are looking to fund projects led by the Voluntary and Community Sector (VCS) that focus on partnership building between VCS, local authorities and/or Borough Resilience Forums (BRFs).

Small grants of up to £5,000 will be available for VCS infrastructure partners. We are currently exploring support and training opportunities for successful projects. Applicants will need to confirm that they have support of their local authority and/or BRF to be eligible for funding. Projects should focus on planning, responding, and recovering to and from emergencies. Projects should last no more than six months, taking place between March and September 2023.

Application forms and application guidance will be published on the opening of the Fund on Wednesday 4th January 2023. There will be an information session held by London Plus online on Zoom on Monday 9th January, [which you can sign up to here.](#)



PROFESSIONAL OPPORTUNITIES

North-West London Co-Design Advisory Body (DAB)

The North-West London Co-Design Advisory Body (DAB) has three aims:

1. To be as representative as possible of NW London boroughs and local communities
2. To provide feedback and learning from our local communities and seldom heard groups.
3. To assess engagement/involvement taking place across NW London.

The guidance for DAB will initially be based against the NHS NW London Involvement strategy and charter. The remit is to:

- Liaise with the 'harder for the NHS to reach' communities that DAB members represent
- Provide 'what matters to you' feedback from residents and those 'harder to reach' community groups.
- Highlight areas of good practice and positive NHS/voluntary sector stories
- Provide 'what matters to you' recommendations
- Provide and assess health and social care inequalities from their communities.
- Provide supportive and critical feedback on presented NWL-wide or Borough engagement projects and programmes.

DAB membership will be as representative as possible from across North-West London boroughs and to be accessible and inclusive. Members have a full understanding of the need for confidentiality and respect.

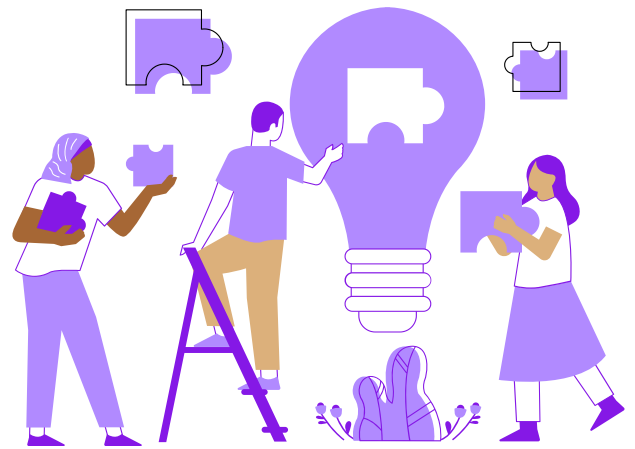
Membership should consist of a NW London clinician, two community-based representatives from each of the 8 boroughs, other lay/resident representatives and the NWL engagement team. Meetings will take place every quarter online on Teams.

Anyone interested in participating, should contact Dr Ray Johannsen-Chapman by email r.johannsen-chapman@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.



In January, we will have some exciting new opportunities to work in an innovative and supportive environment where you will have the chance to promote real change in people's lives.

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



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