



# HILLINGDON COMMUNITY VOICE

An Update From H4All's Community Development Team



# MESSAGE FROM THE MANAGER



On behalf of the Community Development Team, I am delighted to welcome you to the latest edition of HCV.

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, please email [community@h4all.org.uk](mailto:community@h4all.org.uk).

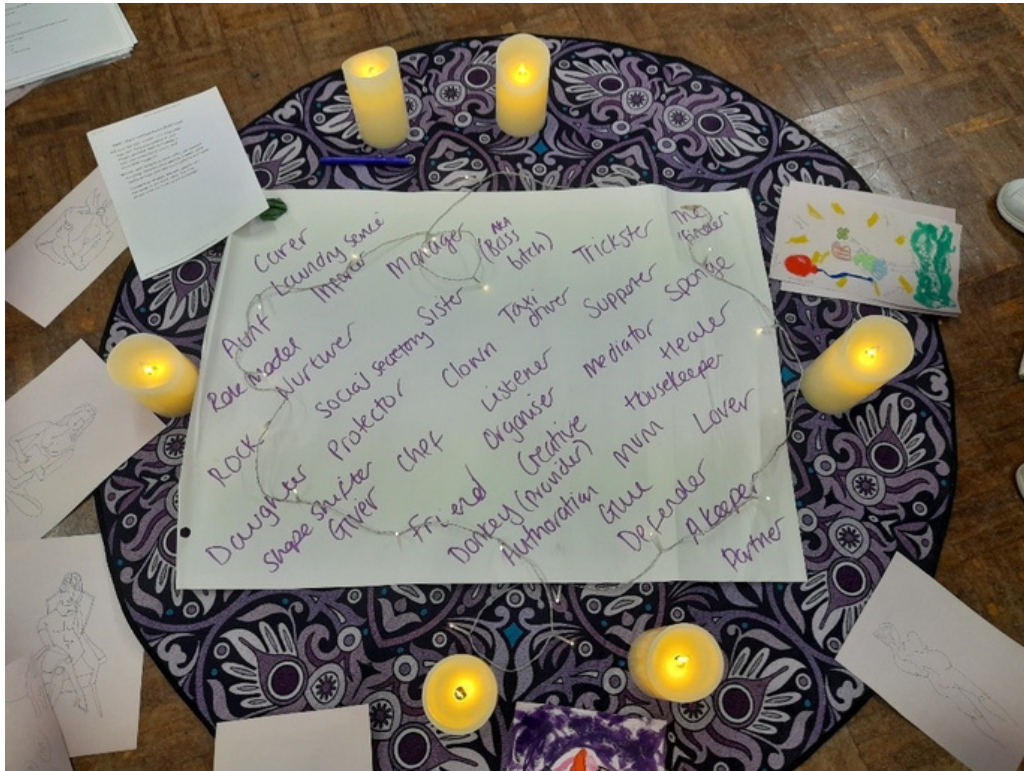
This will be my last edition as I am moving on to another charity in the 3ST Third Sector Together partnership. It has been a pleasure and privilege working with H4All colleagues, our partner charities, volunteers and all other important stakeholders. I wish you all the very best for the future.

**Vicki Harrison-Carr**  
**Community Development Manager**

# OUR RECENT HIGHLIGHTS

## INTERNATIONAL WOMEN'S DAY SEASON

I was very grateful to Becci and Rachel at Give Space CIC for kicking off IWD season on 2nd March week with a fabulous, therapeutic and thought-provoking workshop for Women leaders in local third sector organisations. It was great to meet colleagues from Carers Trust and P3.



Part of the CDT Team celebrating IWD at Beck Theatre on 8th March 2023.

The theme this year was #EmbraceEquity



On 31st March, I was lucky enough to attend a breakfast talk for women at Learn Hillingdon's fantastic facilities at the Civic Centre with a group of fellow female residents from all over the borough.

After a guest speech from Cllr. Susan O'Brien, Cabinet Member for Children, Education and Families and advocate of lifelong learning, Ann and Carina from Learn Hillingdon told us about their broad offer of courses, talks and wellbeing sessions.



They run courses with start dates throughout the year. The brochure for their 2023-24 offer will be available online in August. In the meantime, check out their webpage:

[Learn Hillingdon - Hillingdon Council](#)

## H4All DAY 2023



We held H4All Day on Tuesday 4th April at the Pavilions Shopping Centre in Uxbridge. The event was a chance to showcase H4All's work, celebrate our teams and partner charities. It featured a whole host of organisations from across the borough. It was well attended with stall holders having almost 600 interactions. Free blood pressure checks by local clinicians were also offered to the public, along with plenty of information on local health services.

The general feedback from residents was that they wanted more surgery representation and diabetes checks which we aim to include in next year's event. Additionally, we plan to have entertainment in future H4All Days with taster sessions from different partner charities.

# HEALTH AND WELLBEING ALLIANCE

Started in 2019, H4All's HWBA has over 80 member organisations.

Our recent March meeting had speakers and attendees from a diverse range of organisations, including the GLA, Brunel University and the NHS. Thanks to everyone for attending.

Our next meeting will be held online on 15th June 2023. If you would like to attend or you would like a slot on the agenda, please contact [community@h4all.org.uk](mailto:community@h4all.org.uk).



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:

- Discussions on voluntary sector sustainability and how best to serve Hillingdon residents
- Receive key public health messages from our statutory partners
- Hear from local organisations and their current projects
- Hear from our guest speakers of the day

TO CONFIRM ATTENDANCE OR TO BOOK YOUR SLOT ON THE AGENDA, CONTACT US ON [COMMUNITY@H4ALL.ORG.UK](mailto:community@h4all.org.uk)

**THURSDAY**  
**JUN 15**  
**10AM-12PM**



# CORE CONVERSATIONS TRAINING

We are pleased to have offered 2 sessions of Core Conversations training in March and April.

This workshop supports frontline staff and volunteers to guide conversations with people that have complex needs due to the effects of the pandemic and cost of living crisis. It has also enabled them to build a network with other staff and volunteers in Hillingdon.


Join us to participate in this valuable opportunity that aims to support Londoners to thrive in their day to day lives.

To register your interest in attendance, email us on [community@h4all.org.uk](mailto:community@h4all.org.uk)



## Core Conversations

TRAINING TO SUPPORT HILLINGDON'S CHARITY SECTOR ON HOW TO HELP PEOPLE GOING THROUGH TOUGH TIMES



For more information, contact us on [community@h4all.org.uk](mailto:community@h4all.org.uk)

# SERVICE UPDATES

## HARLINGTON HOSPICE AND MICHAEL SOBELL HOSPICE MERGER

On 4 April 2023, Harlington Hospice and the Michael Sobell Hospice Charity announced that they have legally merged after four years of successful collaboration. They have merged to increase their resources and ensure that local people with serious or terminal illness, and those close to them, can access essential hospice services way into the future. Over the last 47 years, the Michael Sobell Hospice in Northwood has been a place of hope and support for local people living alongside illness. In 2018, the closure of the Michael Sobell Hospice Inpatient Unit sent ripples of sadness and concern through the local community.



It was with renewed hope and determination that Harlington Hospice, who have been based in Hayes for almost 38 years, and the Michael Sobell Hospice Charity, who fundraise for the Inpatient Unit, established a new partnership enabling the Inpatient Unit to reopen in January 2020. Throughout the pandemic, the charities expanded their services and it became clear how further collaboration could benefit people who need the dedicated care and support they offer. After four years of collaboration, Harlington Hospice and the Michael Sobell Hospice Charity have legally merged their operations. Merging has meant that their separate clinical and fundraising teams have been able to join up; this increase in the resources and expertise means they can become more efficient in their day-to-day work.

Steve Curry, Chief Executive at Harlington Hospice, said, ***“I see this merger, this moment, as a launch pad into the future of hospice care for the more than 300,000 people living in Hillingdon and surrounding areas. A future where each human being told they are living with a terminal illness has their unique life – their unique goals – at the forefront of the care they receive, from early in their illness until the end of their life.”*** The Hospice provides free-of-charge Inpatient Unit, Hospice at Home, Wellbeing, Psychological & Emotional Support, and Education & Information services. As a charity only part funded by the NHS, they rely on donations from the general public to keep their services running.

To mark the announcement, the now singular hospice has undertaken a rebrand. Their website explains that the new brand was developed to reflect the values that underpin their work: being collaborative, responsive, thoughtful and courageous. And that the hospice hopes the brand will inspire the local community to support their work. Their website states, “Whilst we are looking to our future, we are also returning to our roots and re-naming the Michael Sobell Hospice as Michael Sobell House. We wanted our name to reflect the range of services we offer and we feel that the name Harlington Hospice is in a better position to showcase this [than Michael Sobell House] to those who are not yet familiar with what we do.” Following the merger, anyone wishing to make a donation to solely support Michael Sobell House will still be able to do so. To learn more about the merger, visit [harlingtonhospice.org](https://www.harlingtonhospice.org).



## HELP 4 HILLINGDON – ADVICE IN HEALTH SETTINGS

We are delighted to announce that the Help 4 Hillingdon partnership of H4All, DASH, Bell Farm Christian Centre and CAB Hillingdon, has secured some additional GLA funding to extend our successful advice in community settings programme into health settings from April 2023 onwards.



Started in October 2021, the partnership has delivered finance, benefit and debt advice in food banks and special schools to hundreds of Hillingdon residents. The over-subscribed project has realised around a £1million for local people, positively impacting their health and wellbeing. We are working with The Confederation CIC and the six PCNs to roll out advice sessions in GP surgeries. There will be a monthly session in a chosen surgery in each PCN area. Delivery begins in the St. Martins practice in Ruislip and The Green practice in West Drayton in April 2023. Watch this space for details of the four other locations in due course.

## SOUTHLANDS ARTS CENTRE

The Southlands Arts Centre is a beautiful building steeped in history. Dating back to the 16th Century, it has provided a home for artists, playwrights and actors over the years. It is an important cultural and entertainment hub for the local community, providing a space for creativity and self-expression.



At Southlands, you can find a variety of arts and crafts groups as well as music and drama clubs that cater to all ages and abilities. From painting and drawing to knitting and photography, there is something for everyone. If you can't find a group that suits you, why not start your own? The centre is always looking for new groups and activities to offer to the community.

Based at Southlands, the Yiewsley and West Drayton arts council also hosts regular events and exhibitions, showcasing local talent and providing a platform for artists to display their work. There are opportunities for artists to sell their work in the centre's gift shop and to participate in art exhibitions, fairs and markets. In addition to its arts and crafts offerings, Southlands is also a popular venue for community events and functions. The historic building and beautiful gardens make it an ideal place to host parties, weddings, and other celebrations. If you'd like to learn more about their classes and groups or to enquire about room hire, please contact [admin@southlandsarts.co.uk](mailto:admin@southlandsarts.co.uk)

# 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



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:

**Wed May 17th, 12pm - 2pm: Stress Management (Online)**

<https://www.eventbrite.co.uk/e/myhealth-stress-management-tickets-175533735127>

**Mon July 17th, 10am-12pm: Anxiety & Depression at Christchurch**

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

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





# FUNDING OPPORTUNITIES

## TRANSFORMING GRANT FUNDING FOR BLACK AND RACIALLY MINORITISED ORGANISATIONS

Emergency grants of £20,000 are available to organisations in England that work with and assist Black and racially minoritised children who are affected by inflation and the current cost-of-living crisis.

The funding is being made available through the Phoenix Way which was established in 2020, with the aim of prioritising racial justice in response to the COVID-19 pandemic. It was created by leaders of Black and racially minoritised community groups from all over England, with support from The National Lottery Community Fund and Global Fund for Children.

Through this funding round a total of £1 million is available where at least 70% of their leadership, volunteers and beneficiaries are from Black or racially minoritised communities. Applicants can be registered, unregistered, incorporated, unincorporated, and/or unconstituted or newly formed groups with an annual operating budgets of up to £150,000 per year. **The closing date for applications is midnight on the 8th May 2023.**

For any questions please contact [thephoenixway@globalfundforchildren.org](mailto:thephoenixway@globalfundforchildren.org)

Apply here: <https://www.ubele.org/our-work/the-phoenix-way>

## HEATHROW COMMUNITY TRUST'S COMMUNITIES TOGETHER

The Communities Together Large programme opened on 28 March 2023 for grants of up to £15,000 for projects with a total cost of up to £60,000 and **closes on 30 May 2023 at 10 am.**

The programme has one theme, and your project must demonstrate a fit with this theme: Bringing communities together - Projects must demonstrate how they bring together members of the community who would not normally mix, or how they reach particularly isolated or disadvantaged community members. This programme has a particular focus on organisations working with adults aged 25+. Further information can be found on the [Communities Together page](#), and the application form can be found [here](#).

It is important that applicants read the Funding Criteria guidance and Tips document before applying for this funding. All application forms, deadlines and these documents can be found on our website <https://www.heathrowcommunitytrust.org/>

For 2023, the Communities Together, Projects for Young People and Environment & Sustainability grant programmes are all open to new applications. They recommend potential applicants read about all the grant programmes and select the one which best suits their project. Please note that Communities Together Large and Communities Together Small are separate programmes.



# FREE TRAINING OPPORTUNITIES

The Hillingdon LADO (Hannah Ives) 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:

- 4 May 2023 - 09:30 – 12:30 (Online via MS Teams)
- 27 June 2023 – 09:30 – 12:30 (Online via MS Teams)
- 4 October 2023 - 09:30 – 12:30 (In person – Committee Room 4, Civic Centre UB8 1UW)
- 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 \(learningpool.com\)](#)

For Learning Zone access related queries or help setting up an account, please email [learninganddevelopment@hillington.gov.uk](mailto:learninganddevelopment@hillington.gov.uk)

# VOLUNTEER SPOTLIGHT

Paul was a Civil Servant for 41 years, working in a variety of admin, management and training roles. Taking voluntary redundancy in December 2020, he left full-time employment with definite plans and dreams that were destroyed by the Covid-19 pandemic. "For the first time in my working career, I felt lost without any idea where to go next."

Paul had his first Covid vaccination at the Navnat Centre, Hayes and was assisted by "really lovely, welcoming" people who I discovered were volunteers and was inspired to volunteer there himself. This started the next part of his journey. Three months into volunteering, in May 2021, The Confederation offered Paul an admin job. "I really enjoyed the role and I got to work with a great bunch of people until the role ended in June 2022".



Several of Paul's colleagues at the vaccination hub were furloughed British Airways cabin crew. They recognised his great customer service skills and suggested that he applied for a cabin crew role. "Although this was so far away from what I saw myself doing, I felt as if I had nothing to lose so I decided to give it a go!"

The skills developed during his four decades in the Civil Service stood him in good stead. He successfully applied and has now almost completed cabin training. "I am proudly wearing my uniform for the last few days of my training and, all being well, will experience my first return flight on Boxing Day 2022! It's a flight to Reykjavik, Iceland and to say I'm really looking forward to it would be an understatement."

The pandemic changed Paul's life in very unpredictable ways. Volunteering through H4All, after his Covid vaccination led to an exciting, and unexpected career change in the aviation industry. Paul who lives under the flight path of RAF Northolt, has always loved planes. He witnessed Concorde's first commercial flight take off in 1976. His son has just started a career in aerospace engineering. "Planes must be in the blood although I never dreamt I'd be going to work on one – without volunteering through H4All I probably never would have!"





# VOLUNTEERING OPPORTUNITIES

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



## TRUSTEE

Are you an individual committed to good governance and have a desire to contribute to the charity's continued improvement? Carers Trust Hillingdon is looking for a trustee to represent the community's views on the Board and, wherever possible, to use lived experience of caring to inform the development of the organisation in meeting carers' needs.

**Commitment:** Attendance at six Board meetings per year. Attendance at the annual AGM. Attendance at the annual Trustee planning away day.

For more information, contact [volunteerhub@h4all.org.uk](mailto:volunteerhub@h4all.org.uk) to request an application form to be sent to you by email or post.



## STAYING STEADY COMMUNITY CHAMPION

Age UK are piloting an exciting new project to help reduce the risk of falls. You will be working together with Age UK HHB, Primary Care Staff from local GP Surgeries and patients. We will provide one to one and group activity sessions of strength and balancing exercises and advice.

**Commitment:** We're looking for volunteer who can commit to at least 6 months of volunteering.

For more information, contact [volunteerhub@h4all.org.uk](mailto:volunteerhub@h4all.org.uk) to request an application form to be sent to you by email or post.



## HOME VISITING VOLUNTEER

We are a registered charity working locally to provide support for blind and partially sighted people. We work throughout the Boroughs of Barnet, Brent, Ealing, Enfield, Harrow, Hillingdon, Hounslow, and Richmond. Our staff and trained volunteers work together to provide a range of high-quality services, information, advice, and training, all aimed at assisting V.I. (visually impaired) people to lead independent lives.

**Commitment:** In just an hour or two each week you could provide invaluable support to a blind or partially sighted person. This will help them live independently. You will be required to visit the person in their home, befriending and relieving their isolation.

For more information, contact [volunteerhub@h4all.org.uk](mailto:volunteerhub@h4all.org.uk) to request an application form to be sent to you by email or post.



## 1-TO-1 REFUGEE BEFRIENDING

We are looking for 5 befrienders who offer their friendship and time to refugees and asylum seekers referred to HN, by providing basic emotional and practical support, helping them practise their English and introducing them to British culture and way of life.

**Commitment:** We ask for a commitment of weekly face to face meetups for an initial period of 3 months once matched. A convenient time and place is chosen by the befriender together with the refugee they are matched with.

For more information, contact [volunteerhub@h4all.org.uk](mailto: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](mailto: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](mailto:victor.willmott@peabody.org.uk)



# FORTHCOMING EVENTS



SOMALI NATIONAL HELPLINE



INVITES YOU TO  
**Eid**

**FAMILY FUNDAY**

30TH APRIL 1:30PM-6:30PM

HAYES & HARLINGTON COMMUNITY CENTRE ALBERT  
RD, UB3 4HR

FREE EVENT  
FREE PARKING



COME JOIN US FOR A FUN FULL DAY FOR ALL THE  
FAMILY!

HOME DECOR-HALAL SWEETS-FOOD-CAKES-ABAYAS- COSMETICS-FACE  
PAINTING- BOUNCY CASTLE-HENNA AND MUCH MORE

FOR STALL BOOKING CONTACT KHADRA 07882043541



# PROFESSIONAL OPPORTUNITIES

## MYHEALTH HILLINGDON ADMINISTRATOR X2

**Salary:** £25,000 pro rata

**Hours:** 18.30 hours per week

**Responsible to:** MyHealth Programme Coordinator

**Employed by:** H4All partner organisation (seconded to H4All)

**Based:** Key House, Yiewsley

**Length of role:** 8 Months (with a view to extend)



MyHealth Hillingdon are looking for two enthusiastic administrators who are passionate about supporting health education and knowledge across multiple communities.

MyHealth Hillingdon is an education and empowerment programme within H4All, offering patients and residents of Hillingdon long term condition workshops to help them manage their health and take back control. They also offer workshops for signposting around NHS services and first aid training for new parents.

The aim of MyHealth Hillingdon is to give patients the knowledge and confidence to feel like they have complete control over their health, to then reduce A&E admissions for long term conditions, unnecessary GP appointments and the misuse of NHS services.

To learn more about what MyHealth Hillingdon do, please feel free to explore their website:

<https://www.myhealthhillingdon.co.uk/>

**For more information on the role and to download the application pack, please visit**

[https://www.h4all.org.uk/jobs/myhealth-administrators-\(2-roles-available\)](https://www.h4all.org.uk/jobs/myhealth-administrators-(2-roles-available))

**CARERS TRUST HILLINGDON**

**Hours 28 per week negotiable**

**Salary £21,100 FTE pro rata for hours worked**

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

We have a fantastic opportunity for a friendly, enthusiastic, and proactive individual to join our Business Continuity team. The ideal candidate will be highly-organized and reliable with a strong administrative background. Good communication and IT skills are essential to ensuring the smooth running of the office and Advice centre, although training and support will be provided by our friendly team.

We actively encourage applications from individuals with experience of providing care to a family member.

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

**<https://carerstrusthillington.org/job-vacancies/>**

For an informal chat, please contact:

**Sally Chandler, Chief Executive - 01895 811206**

Closing date for receipt of applications:

**5pm, Monday 24 April 2023**

Interviews will take place on:

**Wednesday, 3 May 2023**

**Registered charity number: 1082297**

**Harrow Carers and Carers Trust Hillingdon**

are working together to expand their 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: £22,500 p.a. = £13,125 pro rata for 0.6 FTE (21 hours per week)**

**offered as fixed-term 1 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. We are committed to safeguarding and promoting the welfare of children and adults and expect all staff and volunteers to share this commitment. Background checks and an enhanced DBS will be required.

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](http://www.carerstrusthillington.org)**

Closing date for receipt of applications:

**5pm, Friday 21 April 2023**



Interviews will take place on:

**Thursday 27 April 2023**


**(Applicants are asked to save the date)**



# PROFESSIONAL OPPORTUNITIES



## LEVEL 3 NHS INTERPRETER COURSE



### WANT A CAREER CHANGE

Get paid a competitive rate / Mon-Sat

The NHS alongside the Somali National Helpline will be running a Level 3 Language Interpreting course which will be completely free of charge. The course will run over the span of three months and upon completion could lead to roles within the NHS. If you are fluent in another language, besides English, and want to gain an extra qualification contact us today.

- Completely free of charge
- OCR accredited
- Online and flexible

#### CALL

08006102020/07882043541

#### EMAIL

somalinationalhelpline@gmail.com

<https://somalinationalhelpline.org/>

Instagram: @somhelpline

## Want a career change ? Thought about the NHS



SOMALINATIONALHELPLINE.ORG  
TO REGISTER WITH US CALL US

-  Access a NHS level 3 Interpreting Course (12 weeks)  
3 hours a week
-  Get Paid competitive rates Monday to Saturdays
-  Reach Outside Your Comfort Zone let NHS  
access your bilingual language skills

call 07474920427, 0788043541, 07947848203  
and 07518006811

# WELLBEING RESOURCE

## TOP SELF-CARE STRATEGIES FOR PREVENT BURNOUT

### WATCH FOR THE SIGNS.

Monitor the 3 symptoms of burnout:

- Loss of energy
- Loss of enthusiasm
- Loss of effectiveness



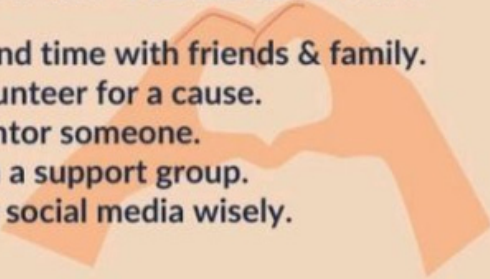
### TAKE CARE OF YOUR HEALTH.

Eat right.  
Exercise.  
Get enough sleep.  
Get annual checkups.  
Take breaks & vacations.



### GIVE & GET SOCIAL SUPPORT.

Spend time with friends & family.  
Volunteer for a cause.  
Mentor someone.  
Join a support group.  
Use social media wisely.



### MAINTAIN WORK-LIFE BALANCE.

Manage time & priorities.  
Time-block top goals.  
Set healthy boundaries.  
Find & enjoy non-work related activities.



### REDUCE YOUR STRESS.

Address causes of burnout at their source.  
Common culprits are:

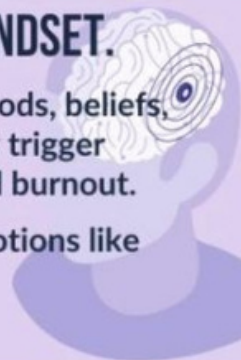
- Poor communication & relationship issues
- Heavy workload
- Lack of resources



### CHANGE YOUR MINDSET.

Be aware of how moods, beliefs, and perceptions may trigger feelings of stress and burnout.

Nurture positive emotions like joy and gratitude.



### DEVELOP NEW SKILLS.

Learn how to make work more efficient and productive.

Become more skilled at communication & relationship-building.



### FIND MEANING & PURPOSE.

Align your work with your core values.  
Find what fulfills your passion & purpose.  
Spend more time working on that.





# 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](mailto:info@h4all.org.uk)



[www.h4all.org.uk](http://www.h4all.org.uk)



[@h4allorg](https://www.instagram.com/h4allorg)



[@H4All\\_Charity](https://twitter.com/H4All_Charity)



[@h4allorg](https://www.linkedin.com/company/h4allorg)



[@H4AllOrg](https://www.facebook.com/H4AllOrg)





# 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](mailto:info@h4all.org.uk)
- Anyone can refer using the **secure referral form on our website:** [www.h4all.org.uk/refer-to-us](http://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](mailto:nwlhns.h4allwellbeing@nhs.net)



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