



HILLINGDON COMMUNITY VOICE

A QUARTERLY UPDATE FROM THE H4ALL COMMUNITY DEVELOPMENT TEAM



**HAPPY HOLIDAYS FROM ALL OF US AT
H4ALL**

We wish you glad tidings in this holiday season and a prosperous new year!





SEASONS GREETINGS FROM OUR COMMUNITY DEVELOPMENT MANAGER

My name is Vicki Harrison-Carr, and I am delighted to welcome you to the latest Community Voice Bulletin, my first in post. I joined H4All recently as Community Development Manager, replacing Clare Leahy.

I was drawn to H4All's emphasis on collaboration and partnership working. The value of the partnership is greater than the sum of its parts. My role draws on the skills and experience gained in 18 years of strategic and operational programme management and community development in the public and third sectors.

I am proud and grateful for the opportunity to support the local voluntary sector and positively impact the communities we serve. I look forward to working with you in 2022.

In the meantime, I wish you a very happy, healthy and safe holiday season on behalf of everyone at H4All. If you are lucky to have obtained a ticket to The Beck Theatre pantomime Jack and the Beanstalk, you will discover that we have been chosen as this year's charity fundraising recipient. We are truly grateful for this.



UPCOMING EVENTS IN 2022



KEY HOUSE OPEN DAY **TUESDAY 18 JAN 2022 AT 1PM-4PM**

H4All are very fortunate to be based at Key House, a VCSE sector hub facilitating collaboration, creativity, mutual support and capacity building. Located on Yiewsley High Street, Key House is a Grade Two listed art deco building in a convenient location near West Drayton station and several bus routes.

We currently have a variety of spaces available for long-term tenants, hot-desking opportunities and an airy board/training room for hire on a half-day and daily basis. Our rates are competitive and sector appropriate.

If you are interested in attending the open day, please contact Donna Heffernon at DHeffernon@h4all.org.uk. Please complete our very brief survey regarding your premises needs: <https://www.surveymonkey.co.uk/r/FHHXY29>

H4ALL HEALTH AND WELLBEING ALLIANCE **TUESDAY 8 FEB 2022 AT 2PM - 4PM**

Started in 2019, H4All's HWBA is the borough's leading voluntary sector forum with over 50 members.

Our next meeting will take place on Tuesday 8th February 2-4pm. The agenda will include a consultation with members on their sector recovery needs in terms of training, facilities and staffing, as well as a Lung Health presentation, key public health messages from our statutory partners and guest speakers.

If you would like a slot on the agenda, please contact VHarrison-Carr@h4all.org.uk.

Subsequent quarterly meetings will be held in May, September and November 2022.



HILLINGDON COMMUNITY CHAMPIONS

The community champions programme aims to empower the community to take steps to improve their health and wellbeing. Volunteers will be trained to have conversations around health and wellbeing issues including COVID-19 messaging, mental health, diabetes and asthma.

Volunteering for this role is quite flexible, no fixed amount of time per week is required.



Volunteers only need to attend our monthly training and log their volunteering on a regular basis.

To apply for this opportunity, please contact volunteerhub@h4all.org.uk

The Community Champions programme has been collaborating with NHS North West London Clinical Commissioning Group to facilitate school assemblies. These aim to encourage primary school children to help us spread messages to their families about keeping well this winter and the appropriate places to get medical help if you need it. Aggie the alien is a huge hit and we hope to expand this programme to more schools in the new year.



Our current Community Champions have been busy running engagement events about reducing stress, preventing Type 2 Diabetes and looking after our mental health this winter. Responses from our reducing stress event showed we helped everyone we spoke to feel more confident to manage everyday stress.

Our next event is at [Ruislip Manor Library on 13th Jan 2022](#) and will be around improving our general wellbeing. Come and visit us to say hello and grab some resources.

CHEF

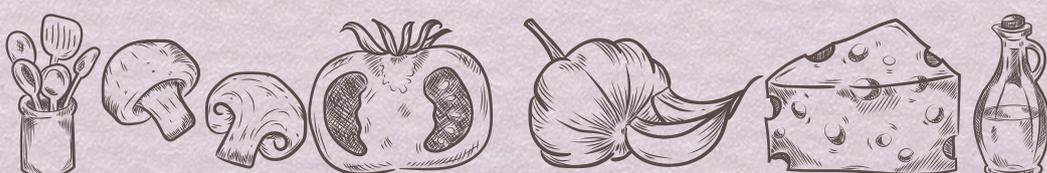
The Community Health Education and Food Project (CHEF) is a project run by three of our fantastic Community Champions at Bell Farm Christian Centre.

CHEF aims to teach people how to cook tasty, balanced meals on a tight budget. The sessions run in four-week blocks. Our pilot cohort were Afghan refugees.

The cooking classes were particularly helpful in introducing the recent arrivals to British seasonal vegetables that are not available in Afghanistan.

If you would like to join our next cohort, no matter your background, email community@h4all.org.uk to book your space.

Spaces are limited so register your interest now.



LUNG HEALTH ENGAGEMENT PROJECT

Our new Lung Health Engagement Project is an exciting piece of work aiming to increase the uptake of lung-health screening in Hillingdon. H4All are delivering this in partnership with the West London Cancer Alliance, RM Partners and Age UK Hillingdon, Harrow and Brent.

The project itself is not new. It was originally trialled by the NHS in 2018 but failed to attract enough participants by sending out letters and inviting them to attend. It was clear that they needed help to reach the Community. We are delighted to introduce Gill Marsh, our new Lung Health Engagement Worker for Hillingdon. As a former nurse, Gill is excited to be involved in this project because it saves lives.

This project offers the opportunity for smokers and ex-smokers, aged 55 to 74 years to have a lung health check and, possibly, a low dose radiation CT scan. Participants are asked some general health questions, the answers to which will calculate if a CT scan is needed. CT scans can detect early signs of cancer and can drastically improve the chances of survival beyond 5 years after diagnosis, which is how survival rates are currently measured.

Currently, 40 % of people are not diagnosed with lung cancer until it has reached stage 3 or 4 because there are often no symptoms until later stages. Not only will the CT detect early signs of cancer, but it can and has picked up other lung conditions and those of the important organs surrounding the lungs. All participants will be followed up regularly even if the CT scan is not needed or is shown to be clear.

If you fall into the criteria for this test or know anyone who does, please tell them about the project and ask them to contact Gill on 07510 382922 or gmarsh@h4all.org.uk.

For more information, go to Lung Health Checks For Smokers on ageuk.org.uk





Are you aged 55-74 and a smoker or ex-smoker living in Hillingdon?

You can get a free NHS lung health check

Lung health checks are quick and simple. They're a good way of spotting lung-related problems early on, possibly before you've even noticed anything.

The West London Lung Health Check team is working with Age UK Hillingdon, Harrow & Brent to help you get a lung health check.

- Please contact Gill Marsh at H4All on 07510 382922 or gmarsh@h4all.org.uk, or go to: www.bit.ly/3pHQi7u



For more information on lung health checks please visit:
lunghealthchecks-westlondon.nhs.uk

H4ALL VOLUNTEER HUB

One of our volunteers, Samuel Thompson had this to say about his volunteering experience:

Working as a volunteer for H4ALL over the last few months of my university degree was a massively rewarding experience. I was able to help out with peer support groups that came along to MIND just as COVID restrictions were declining, which was a crucial social and emotional time for many.

A lot of the service users expressed increased feelings of solitude that seriously affected their life quality for the past year, which is just another way that covid has left its unseen scar on the world. Although volunteering for a local charity can help the community around you heal, and raise people up to live a better life, the experience and grounding of helping the people that turn to charities for help is something that you can bring into your career and personal life.

I would recommend this experience to anyone looking to deepen their understanding of mental health or those that simply want to give time to people who need to rely on their community for support.



Kumari

OUR CLIENT SURJAN HAS THIS TO SAY ABOUT
HIS CARE CALLING VOLUNTEER KUMARI

Kumari calls me weekly. She is very dedicated, nice and has highly professional manners. Kumari is helpful, she even helped me reorder my gardening bags.

She always listens closely and tries to find solutions. I feel totally comfortable speaking with Kumari- I feel as if there is someone there.

Thank you, Kumari!

VOLUNTEERS NEEDED

Are you a parent or grandparent with half a day per week to spare?

Use your knowledge and experience to support a stressed family with at least one child under five. Volunteers are trained to visit families at home and provide support, befriending and practical help.

The next nine-week training course starts on January 19th. To apply for this opportunity, please contact volunteerhub@h4all.org.uk or call 07395 282 825.



Volunteers needed!

The H4All CIO Volunteer Hub, provides a variety of exciting volunteer opportunities across our five founding partners and many other organisations around the London Borough of Hillingdon.

Volunteering offers opportunity to:
Learn new skills ■ Try something new
Help your local community ■ Enhance your CV
Enjoy helping others ■ Improve your employability
Make a difference ■ Meet new people

Here are just some of the roles that we have available.

- Receptionist
- Care Caller
- Vaccine Marshall
- Driver
- Retail Assistant
- Scouts Helper
- Form Filler
- Digital Media
- Carers Cafe
- Engagement Officer
- Administrator
- Home visitor

Commitment required varies with each role.

The time you give to volunteering is invaluable to the services and people we support.

Visit our website to explore the opportunities available or contact us by emailing volunteerhub@h4all.org.uk or calling 07395 282825.

MYHEALTH HILLINGDON 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



| January | | |
|----------|--------------------------------|---------------|
| 6th | Type 2 Diabetes | 16:00 - 18:00 |
| 12th | Pre- Diabetes | 9:00 - 11:00 |
| 12th | Type 2 Diabetes | 11:00 - 13:00 |
| 13th | Menopause Peer to Peer Support | 17:30 - 18:30 |
| 20th | Pre-Diabetes | 16:00 - 18:00 |
| 26th | Menopause Matters | 9:30 - 11:30 |
| 26th | Type 2 Diabetes | 11:30 - 13:30 |
| February | | |
| 3rd | Menopause Matters | 16:00 - 18:00 |
| 7th | Type 2 Diabetes | 10:00 - 12:00 |
| 9th | Pre-Diabetes | 11:00 - 13:00 |
| 17th | Type 2 Diabetes | 16:00 - 18:00 |
| 23rd | Pre-Diabetes | 9:00 - 11:00 |
| 28th | Type 2 Diabetes | 12:00 - 14:00 |

To book a workshop, please go to:

[Workshops - NHS My Health Hillingdon](#)

THE NEW HILLINGDON HOSPITAL

Hillingdon Hospitals NHS Foundation Trust is taking its plans to build a new hospital for Hillingdon on the road with a series of events.

They want to hear from you and get your feedback ahead of submitting a planning application.

Register for an event online via the hospital's redevelopment website thh.nhs.uk/redevelopment or use the links below

- Tuesday 18 January 2022, from 6pm to 7pm bit.ly/roadshow-18-Jan
- Thursday 3 February 2022, from 6pm to 7pm bit.ly/roadshow-3-Feb
- Thursday 17 February 2022, from 6pm to 7pm bit.ly/roadshow-17-Feb



**Join us for
the new Hillingdon
hospital roadshow**

Give us your views

Register for an event online: thh.nhs.uk/redevelopment.

NHS
The Hillingdon Hospitals
NHS Foundation Trust

MEET THE COMMUNITY DEVELOPMENT TEAM

Mercyline Ndeti is our full time Community Development Officer. She joined H4All in May 2019, shortly after relocating from sunny Nairobi, Kenya.

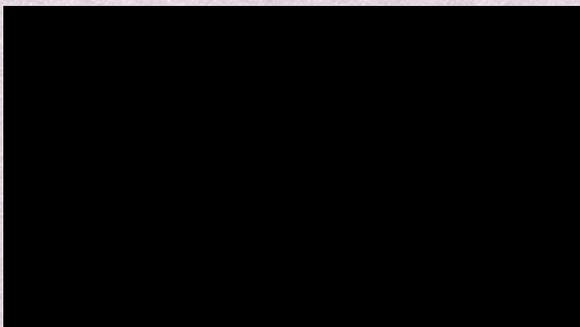
Mercy is passionate about working to promote systems change in the population health of Hillingdon. Her role mainly involves increasing capacity of the voluntary sector in the borough through providing access to funding, volunteers, venues and networking opportunities.

For more information, email the Community Team on community@h4all.org.uk



MENTAL HEALTH RESOURCE

This excerpt from BBC4 shows a powerful technique used to manage anxiety.
<https://www.bbc.co.uk/programmes/p03rwr72>



FOLLOW US ON OUR SOCIALS!



@h4allorg



@h4all_charity



@h4allorg



@h4allorg