



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

Vicki Harrison-Carr
Community Development Manager

OUR RECENT HIGHLIGHTS

The H4All team have been thrilled to be out and about across the borough at a number of events over the last couple of months.



Emily, Josh, Gill and Naomi at the Brunel Business Expo on 26th May



Frances with Mayor Cllr. Becky Haggar, her consort, and the legendary David Brough at The Hayes Canal Festival on 29th May



Naomi and Donna enjoying themselves at the Carers Trust Hillingdon Jubilee Party on 1st June

HATS OFF TO OUR VOLUNTEERS

On 31st May, H4All held a Jubilee Party to thank our wonderful volunteers on the Community Champions and Compassionate Hillingdon projects. The Compassionate Friends decided to invite the service users along. It was lovely to witness the joy of the volunteer befrienders and their clients coming together in person for the first time. The event was extremely well-received, with requests for more get-togethers in the future.



“Just wanted to thank you all for the lovely afternoon yesterday. It was great to meet people and have a chat. The room looked lovely and the food was delicious. Thank you all for your hard work in getting everything ready.”



“I thought that it was really excellent! People arrived, some looking perhaps a little glum, but everyone ended up looking happy and pleased. And rightly so - you all put so much work into the day and it was great! A big thank you ...it was very useful, very enjoyable - and the music was great too!”

If you are interested in becoming a Community Champion or a Compassionate Friend please contact volunteerhub@h4all.org.uk

SECTOR NEWS



As you will recall 3ST NWL (North West London) is an initiative for all third sector organisations and voluntary groups that work in the eight boroughs of Northwest London to ensure that the sector is recognised for the role it plays in supporting the health and wellbeing of residents.

All members of the Health & Wellbeing Alliance have automatic membership of 3ST and are represented at the 3ST Leadership group by:

- Sally Chandler CEO Carers Trust Hillingdon
- Steve Curry CEO Harlington Hospice

They are joined at the Strategic group by Stephanie Mullally, Operations Director at Hillingdon Autistic Care and Support (HACS) and Vicki Harrison-Carr, Community Development Manager H4All. In addition, Lynne Lavery, Managing Director Centre for ADHD and Autism Support (CAAS), has a place on the Strategic group as a CYP (Children and Young People) representative.

3ST have already:

- Developed a governance structure;
- Secured representation at ICS (Integrated Care System) Programme Boards;
- Agreed partnership engagement expectations with the ICS and;
- Developed a business case for infrastructure funding.

And we are:

- Developing proposals for the sector to support elective care
- Establishing a commercial vehicle to help support contracting with the sector.

You can 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



HEALTH AND WELLBEING ALLIANCE

Started in 2019, H4All's HWBA is the borough's leading voluntary sector forum with around 70 members. Our last meeting was face to face and was held on 10th May at Kate Fassnidge Hall, Uxbridge.

It was wonderful to finally meet people in person rather than on a screen. There were presentations from 3ST, MIND, Coop, My Health, NWL ICS and of course H4All; providing information about funding, services, training and collaborative opportunities. We kept aside some well-received time for networking and our 30+ participants, representing 17 organisations, certainly made the most of this.



Josh consulting the HWBA on the MyHealth offer



Emma and Gill with CNWL's Marimar Carreno and Healthwatch's Lisa Taylor

Our next meeting will be held on Monday 5th September. 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

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, please follow the links given below to register on Eventbrite.

Finding the trustees you need to survive and thrive

Date: Tuesday 15th June

Time: 11am - 1pm 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 the 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.

To register your attendance, please [follow this link to our Eventbrite.](#)

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Become a trustee - the what, why and how

Date: Tuesday 5th July

Time: 5.30-7.30pm 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.

To register your attendance, please [follow this link to our Eventbrite](#).



FORTHCOMING EVENTS

How Do We Use Food?

Mind in partnership with KindtoMind will be running a free one-hour online workshop looking at the topic of Compulsive Eating. The session will be held at 11 am on Tuesday 28th June, and will cover:

- What is compulsive eating and binge eating disorder?
- How has Covid-19 impacted the way we use food?
- Staying motivated to eat healthily
- How to cope with binge eating and eating compulsively



Join Zoom Meeting here:

<https://us02web.zoom.us/j/83341184269?pwd=cnMrNm9NT0plQjRSeGNBcHVYb2I1dz09>

H4All Health 4 Hillingdon Roadshows

H4All are working in collaboration with the local GP Confederation to hold a series of health roadshows over the summer. The focus of each roadshow will be determined by local health needs but each will feature stands from relevant services, clinical input, fun activities and prize draw. If you would like to book a space for a stand, offer an activity or bring your clients along, please contact community@h4all.org.uk



Date and Time	PCN	Venue
21/07/2022 11a-3pm	Colne Union	Bell Farm Christian Centre, West Drayton
28/07/2022 10am-2pm	North Connect	Harefield Library Village Rooms
31/07/2022 11am-4pm	Hayes & Harlington Collaborative	Hayes & Harlington Community Centre
4/08/2022 11am-3pm	Synergy	Kate Fassnidge Hall, Uxbridge
25/08/2022 11am-3pm	Celandine & Metrocare	Great Barn, Manor Farm Complex, Ruislip
31/08/2022 11am-3pm	Long Lane	All Saints Church Hall, Long Lane

FORTHCOMING EVENTS



Hillingdon Health
and Care Partners

#TeamHillingdon



**Looking for new
opportunities in
Health, Social Care or the
Charity sector?**

JOIN US

Car parking
available

Accessible
building

Recruitment Fair

**Saturday 9th
July**

 **Brunel University
Hamilton centre**

10am - 3pm

FORTHCOMING EVENTS

FREE *Daniella Logun Foundation* **ENTRY**

SEPTEMBER IS
CHILDHOOD CANCER AWARENESS MONTH.

THE GREATEST GIFT IS LOVE.

FAMILY FUN AFTERNOON!

*Come and show some love to
support children with brain tumours
and other cancers in Hillingdon.*

SATURDAY, 25TH SEPTEMBER
2022

1:00 - 5:00 PM

**ST MATTHEW'S CHURCH HALL
YIEWSLEY. UB7 7QH.**

All proceeds will go to the Daniella Logun
Foundation to support our Children's hospice Fund.

ARTS & CRAFTS

www.thedaniellalogunfoundation.org

SCAN ME

JOBS AND CAREER DEVELOPMENT OPPORTUNITIES

Wellbeing Support Officer
£26,000 to £28,000 per annum (depending on experience)
+ Company Pension Scheme
Full-time (35 hours)
Based in Hillingdon



H4All are looking to recruit a Wellbeing Support Officer to help H4All's Wellbeing Service to support Hillingdon Residents to better manage long term health conditions, frailty, social isolation and to bring people into greater contact with their local community.

Wellbeing Support Officers undertake client assessments, including visiting clients in their home environment, provide information and advice, practical and emotional support, input into care planning, access to the wider services provided by the voluntary & statutory sectors and empower patients to 'Self-Manage' and find their own solutions to non-medical problems.

Main responsibilities:

The successful candidate will proactively manage a case load of clients, including support planning, social prescribing, onward-referrals and signposting, evaluation and follow up review and work with them to ensure they are receiving all the services they need and to review any additional health or social care needs they may have.

The post holder will contribute to the overall operation of the H4All Wellbeing Service, maintain a personal comprehensive knowledge of the range of support services available through the wider Hillingdon voluntary and community sector and work with the H4All Wellbeing Team and other appropriate partners to identify culturally specific support, for example within: BME and refugee communities; diverse faith and cultural groups and LGBT communities.

**For more information, visit our website on <https://www.h4all.org.uk/current-vacancies>.
For an informal chat about this role, please call Shelley Sweeney at H4All on 01895 54 34 34.**

**Closing date for receipt of applications:
9am – Monday, 4th July 2022**

**Interviews will take place on:
TBC**

JOBS AND CAREER DEVELOPMENT OPPORTUNITIES

Age UK HHB currently have a broad range of vacancies. These include:

Currently live

- Discharge Service Support Manager (Bucks)
- Help at Home Assistant (permanent and casual contracts)



Imminently live

- Facilities Coordinator
- Head of Services
- Operations Lead

Please [follow this link](#) to their website for more information.

SERVICE UPDATES

Lasting Power of Attorney Service

Age UK HHB is pleased to announce that we now offer a full Lasting Power of Attorney service, guiding you step by step through the entire process.

What Is A Power of Attorney?

Lasting Powers of Attorneys are legal documents that enable you, while you still have mental capacity, to appoint trusted loved one(s) to make decisions around your health and financial matters, should you lose the capacity to make these for yourself. Whatever your age, it is important to consider your future and take time now to grant Power of Attorney to someone you trust.

We now offer a service to guide you through the process with a face-to-face visit and ensure all paperwork is submitted correctly to the Office of the Public Guardian. This is a paid-for service, please contact us to find out more, discounts apply.

For more information please call: 0208 756 3040 (Option 1) or email us at: enquiries@ageukhhb.org.uk

Registered Charity Number 1051711



DEVELOPMENT OPPORTUNITIES FROM THE GLA

London Engagement Collaborative (LEC)

The LEC is a pan-London, cross-sector group looking to involve communities in the work to make London a safer, greener, and more prosperous city for all Londoners. To better embed community voices in decision-making, we need to have open and honest conversations about how we engage with communities across the city.

We're inviting local authorities, community and faith groups, funders, academics, and policymakers, to work with us to explore what are the engagement priorities for London, how engagement practice has changed and evolved in response to the pandemic and how it can shape London's recovery.

If you would like to be involved, please complete this short form

<https://forms.gle/ynZJ4bHWJZF7xYW9> and/or contact Aklima.Begum@London.gov.uk or Deirdre.McGrath@London.gov.uk.

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Civic Futures

Koreo, Dark Matter Labs, The Young Foundation and the Greater London Authority are excited to open recruitment for the 3rd cohort of Civic Futures. Civic Futures is a collective learning and discovery space for people from across London's civic society to join a structured learning programme to explore alternative futures for communities in London.

Now in its third year, the programme is designed to bring together people who are active across London, to explore the skills, tools, methodologies, and relationships that we need to build emerging futures. From September 2022, we'll work with up to 30 people from across London's civil society and local government in a 15-month programme to facilitate collective learning and discovery focused on collaboration, exploration and inquiry. To learn more about the programme and apply please visit our web pages [here](#).

Applications are open until 1pm on 4th July 2022, or you can nominate someone you think should be on the programme until the 20th of June 2022.

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**

June

8th Follow up Coaching 9:30 - 11:30
8th Follow up Coaching 11:30 - 13:30
8th Healthchecks workshop 11:00 - 12:00
11th Diet & Nutr for Weight Loss 10:00 - 12:00
13th Pre-Diabetes 13:00 - 15:00
13th Childhood Asthma 16:00 - 17:00
20th Menopause 10:00 - 12:00
20th Stress Management 2pm - 4pm
23rd Pre-Diabetes 10:00 - 12:00
24th Menopause 13:00 - 15:00
25th Pre-Diabetes Diet & Nutrition 10:00 - 12:00
27th Type 2 Diabetes 13:00 - 15:00

July

9th Menopause Hillingdon 10:00 - 12:00
11th Asthma 4pm - 5pm
13th Type 2 Diabetes 9:00 - 11:00
13th Follow up Coaching 11:00 - 13:00
13th Hypertension 13:00 - 15:00
13th Pre-Diabetes 15:00 - 17:00
15th Pre-Diabetes 11:00 - 13:00
16th Type 2 Diet & Nutrition 10:00 - 12:00
18th Post-Natal Depression 2pm - 4pm
19th Pre-Diabetes 17:00 - 19:00
23rd Pre-Diabetes Diet & Nutrition 10:00 - 12:00

August

4th Menopause 17:00 - 19:00
8th Type 2 Diabetes 10:30 - 12:30
10th Menopause 9:00 - 11:00
10th Pre-Diabetes 11:00 - 13:00
10th Coaching 13:00 - 15:00
13th Diet & Nutr for Weight Loss 10:00-12:00
17th Isolation & Loneliness 2pm - 4pm
20th Pre-Diabetes 10:00 - 12:00
26th Pre-Diabetes 13:00 - 15:00
29th Pre-Diabetes Diet & Nutrition 12:30 - 14:30



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