

# 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 December or February, then please email me at [VHarrison-Carr@h4all.org.uk](mailto:VHarrison-Carr@h4all.org.uk)

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

# OUR RECENT HIGHLIGHTS

Over the summer, H4All led on a series of community health events across the borough in close collaboration with The Confederation of GPs and the Primary Care Neighbourhoods. The roadshows aimed to facilitate direct engagement to LB Hillingdon resident communities, give an opportunity to listen and be informed by community voice, to improve PCN responsiveness to communities and the VCSE, to improve communication flow between all stakeholders and to create a foundation for cross-sector collaboration and partnership.



The six Health 4 Hillingdon Roadshows attracted 1580 attendees and were well received by the public and professionals. The many positive outcomes from the events, included:

- 87 My Health workshops sign ups
- Over 200 patients engaged with the Lung Health Programme
- 39 new unpaid carers were referred to Carers Trust Hillingdon
- 11 people registered with Volunteer Hub
- 49 Patient Participation Group sign ups
- 100s of Blood Pressure Checks





We would like to sincerely thank all the partners who provided stalls and Juliette O'Loughlin Coop Member Coordinator for West London and her team for sponsoring the events and providing free water and fruit to attendees.



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 five of the roadshows and were extremely engaged with attendees and professionals. Further events are being planned for the Autumn/Winter season, so watch this space...



Quote from attendee:

*“What a brilliant event, and I was delighted to be able to attend! I have made some important contacts...you can see how important these roadshows can be for the community. Thank you for hosting this event here in Harefield.”*



Quote from stallholder:

*“The Roadshows were great events for outreach and letting the general public know what services or organisations are out there, besides introducing the PCNs.”*



## HEALTHY WINTER 4 HILLINGDON ROADSHOWS

Following the success of our series of summer health roadshows, H4All are partnering with NHS colleagues from CNWL ICS, The Confederation of GPs and local Primary Care Neighbourhoods to deliver a second series of roadshows in six different locations across the borough. The events will focus on Winter Wellbeing with information and advice on keeping healthy and warm during the colder months and the cost-of-living crisis. There will be more information shared in due course but do please save the date of Thursday 3rd November for the launch event at Hayes & Harlington Community Centre.

## WINTER PRESSURES

H4All and partners have started to look at the cost-of-living crisis and how the sector can support locally. Our aim is to provide comprehensive up to date information on support and services available to residents. We have started to pull together a working group, which 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 tkells@h4all.org.uk](mailto:Tazmin.Kells@h4all.org.uk).

## HEALTH & WELLBEING ALLIANCE

Started in 2019, H4All's HWBA is the borough's leading voluntary sector forum with over 70 members. Typical agendas include details of funding and training opportunities, as well as guest speakers. Our next meeting will be held on Monday 12th December from 10 am-12 pm in Bailey Hall, Christchurch, Uxbridge.

If you would like to attend or have any questions, please contact [community@h4all.org.uk](mailto:community@h4all.org.uk). If you would like a slot on the agenda, please contact [VHarrison-Carr@h4all.org.uk](mailto:VHarrison-Carr@h4all.org.uk).



H4AII 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 and:

- Receive updates on sector development
- 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](mailto:COMMUNITY@H4ALL.ORG.UK)  
TO CONFIRM ATTENDANCE

BAILEY HALL,  
CHRISTCHURCH, UXBRIDGE  
REDFORD WAY, UB8 1SZ

MONDAY  
DEC  
12  
10 AM - 12 PM

# BEING FUNDABLE: FREE TRAINING WORKSHOPS

Having consulted our Health & Wellbeing Alliance members, we have secured some fantastic fundraising and bid writing training for charities and community organisations based in Hillingdon. Workshops are free to attend and will be held online.

We encourage you to attend both Bid Writing course 1 & 2 in order to provide time in between for attendees to digest the valuable information given.

If you would like to attend, register on this link: <https://tinyurl.com/H4AllBeingFundable>

Contact [community@h4all.org.uk](mailto:community@h4all.org.uk) for any further inquiries.



## BEING FUNDABLE

An online workshop series for voluntary organisations



Introduction To Fundraising  
21/11/2022  
2pm - 4pm



Bid Writing Workshop 1  
28/11/2022  
2pm - 4pm



Bid Writing Workshop 2  
5/12/2022  
2pm - 4pm

To attend, contact us on  
[community@h4all.org.uk](mailto:community@h4all.org.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:



- Support 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



## October 2022

Date	Location	Topic	Time
17th	Online	Diet & Nutrition for Weight Loss	10:00 - 12:00
19th	Online	Stress Management	14.00 – 16.00
19th	Online	Eczema	16.00 – 17.00
20th	Online	Coaching	9:30 - 11:30
21st	Online	Pre-Diabetes	12:00 - 14:00
22nd	Online	Weight Loss Coaching	10:00 - 12:00
29th	Online	Pre-Diabetes Diet & Nutrition	10:00 - 12:00



# MYHEALTH WORKSHOPS



November 2022

Date	Location	Topic	Time
2nd	Online	Hypertension	9:00 - 11:00
2nd	Online	Type 2 Diabetes	11:00 - 13:00
2nd	Online	Menopause Hillingdon	13:00 - 15:00
4th	Online	Pre-Diabetes	11:00 - 13:00
7th	Online	Childhood Asthma	4pm - 5pm
8th	South Ruislip	Adult Learner Health Checks	12:00 - 13:15
9th	Online	Post-Natal Depression	2pm - 4pm
10th	Online	Pre-Diabetes	11:30 - 13:30
11th	Online	Weight Loss Coaching	10:00 - 12:00
14th	Online	Menopause Hillingdon	10:00 - 12:00
18th	Online	Type 2 Diabetes Diet & Nutrition	12:30 - 14:30
19th	Online	Pre-Diabetes	10:00 - 12:00
21st	Online	Pre-Diabetes Diet & Nutrition	11:00 - 13:00
22nd	Online	Hypertension	11:30 - 13:30
23rd	Harlington	Adult Learner Health Checks	12:00 - 13:15
24th	South Ruislip	Adult Learner Health Checks	12:00 - 13:15
25th	Online	Coaching	10:00 - 12:00
30th	Online	Diet & Nutrition for Weight Loss	10:00 - 12:00

To book a workshop, please go to [WORKSHOPS | Myhealth Hillingdon](#)



# FUNDING OPPORTUNITIES

## **Deliver & Develop Grants**

Deliver and Develop Grants will enable London's civil society organisations, who may already be working in collaboration with others, to scale up existing delivery and change systems. The grants will be for up to three years and are likely to be in the region of £500k per year, with the possibility of both smaller and larger grants. The funding is aimed at civil society organisations which can demonstrate how the principles of equity and justice are at the centre of their approach.

The programme is being coordinated by London Funders, working with public and independent funders including City Bridge Trust, as well as the capital's equity infrastructure organisations. The grants will focus on three 'missions' set out by the London Recovery Board, the body which guides the capital's post-Covid recovery. These are:

- Providing a New Deal for Young People
- Building Stronger Communities
- A Robust Safety Net for people.

This programme aims to build long-term funding partnerships, enabling communities who have traditionally struggled to access funding to explore, develop and lead collaborative approaches that tackle some of London's biggest issues. You can find out more about the programme on London Funders' website at [www.londonfunders.org.uk/latest](http://www.londonfunders.org.uk/latest).

## **Enterprise Development Programme grants of up to £30K**

This support enables organisations to grow financial resilience and impact by providing a mixture of grant and learning support to help get enterprise ideas off the ground. Two strands are currently open for applications.

- Black and Minoritised communities (offered in partnership with The Ubele Initiative)
- Environmental initiatives (offered in partnership with Groundwork)

The Programme is a five-year programme, developed and funded by Access – The Foundation for Social Investment and managed by Social Investment Business. Support packages include the opportunity to join a peer cohort, grants of up to £30k, a business support programme led by business experts and professionals, direct advice and peer-learning and networking opportunities.

Learn more at [www.enterprisedevelopmentprogramme.org.uk](http://www.enterprisedevelopmentprogramme.org.uk)

# FUNDING OPPORTUNITIES

## LGBT+ Futures Equity Fund

Small grants are available to grassroots groups and organisations that are run by and for one or more of five communities of focus.

- D/deaf, Disabled, Neurodivergent LGBT+ people.
- LGBT+ People of Colour and People from Black, Asian and Minoritised Ethnicities.
- LGBTQI+ Women. Older LGBT+ people.
- Trans and Non-Binary people.

Grants will be available for organisational running costs, projects and organisational / leadership development and can range from £100 - £25,000. This Fund has been enabled thanks to National Lottery players. Learn more: [www.consortium.lgbt/EquityFund](http://www.consortium.lgbt/EquityFund)

## Voices from the Frontline

The Voices from the Frontline fund, newly launched by Rosa, offers one-year grants of between £500 and £7,000 to support campaigning and influencing work that enables women and girls to use their voice to achieve change.

With the rising cost of living and global pandemic worsening inequalities and threatening to push back women's and girls' rights, collective action is needed now, more than ever. There is a critical need for funding for women's and girls' organisations to deliver activism and campaigning, particularly at the grassroots, and to raise awareness of the issues they face. This enables learning, awareness-raising, momentum-building, and campaigning all rooted in the strength of collective action.

Rosa is a grant-making charity that funds frontline women's organisations working to make the UK a fairer, safer place for women and girls. The deadline for applications is 4pm on Thursday 3rd of November 2022. Learn more at [www.rosauk.org/funds](http://www.rosauk.org/funds)



# VOLUNTEERING OPPORTUNITIES



*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](mailto: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](mailto:volunteerhub@h4all.org.uk) to request an application form to be sent to you by email or post.



# SERVICE UPDATES



## Lasting Power of Attorney Service

We can help you to take the next step

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 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 ensuring 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@ageukhbb.org.uk](mailto:enquiries@ageukhbb.org.uk)**

Registered Charity Number 1051711

# UPCOMING EVENTS

## Community Conversations - Autumn 2022

31 Oct 2022 to 21 Nov 2022

Uxbridge Library  
13-14 High Street,  
UB8 1HD.



Community Conversations are a friendly collaborative exploration of some of the latest research taking place at Brunel University London, facilitated by four of Brunel's leading academics.

Conversations provide lots of opportunities to pose questions to the academics, as well as the implications of the research for Uxbridge, its residents and the community. Community Conversations are taking place on Mondays 31st October, 7th, 14th and 21st November from 5 pm - 6.30 pm

Register here: <https://www.eventbrite.co.uk/cc/community-conversations-autumn-2022-1239919>





# UPCOMING EVENTS

THE DANIELLA LOGUN FOUNDATION (DLF)  
FUNDRAISING DINNER & JAZZ NIGHT.

## AN EVENING OF JAZZ MUSIC, FOOD & DRINK.

TO SUPPORT OUR CHILDREN DIAGNOSED WITH  
BRAN TUMOURS, OTHER CANCERS AND THEIR  
FAMILIES.



*Daniella Logun Foundation*

**Join us for a fundraising  
night of fun!**

**Time: 7pm to 10:00pm**

**Date: Saturday, 10th December 2022.**

THE YWD COMMUNITY CENTRE,  
228 HARMONDSWORTH ROAD  
POST CODE: UB7 7JL

**TICKETS £20  
ON SALE NOW!**



SCAN ME

+44 (0) 1895 622 547

+44 (0) 7760 411 888

@daniellalogun

@daniellalogun

@TheDaniellaLogunFoundationDLF

www.thedaniellalogunfoundation.org

The  
Mayor's  
Chosen  
Charity

2022/2023

# FOLLOW US ON OUR SOCIALS!



@h4allorg



@h4allorg



@h4all\_charity



@h4allorg

