

JUNE 2023

HILLINGDON COMMUNITY VOICE

An Update From H4All's Community Development Team



OUR RECENT HIGHLIGHTS

SUMMER HEALTH HUB ROADSHOWS

Summer has been off to a great start for us as we have held two well-attended roadshows in the borough. We organised them in collaboration with The Confederation, with support from Help 4 Hillingdon - a partnership of H4All, Bell Farm, DASH and Citizens Advice Hillingdon that is funded by The Mayor of London. The first roadshow was held at Bell Farm Christian Centre on 8th June for Colne Union PCN with 200 members of the public attending. The second roadshow was held at The Great Barn in Ruislip for Celandine Health & Metrocare PCN with 350 members of the public attending.



The roadshows aim to connect the public to local health services that offer support for summer health concerns through the travel clinic and allergy & skin clinic. Attendees also have the opportunity to meet the wider clinical teams and local voluntary sector who offer information on wellbeing and support services, including blood pressure checks.

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 is 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 can be found below:

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

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

Tue July 25th, 11.30am - 1.30pm: Hypertension & Cholesterol (Online)

<https://www.eventbrite.co.uk/e/myhealth-hypertension-cholesterol-workshop-tickets-275598842557?aff=ebdsoporgprofile>

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



FUNDING OPPORTUNITIES

COMMUNITY ACTION FOR PARTNERSHIPS IN HEALTH

COMMUNITY ACTION FOR PARTNERSHIPS IN HEALTH: A COMMUNITY CONVERSATION EVENT AND LAUNCH OF THE *COMMUNITY ACTION FOR PARTNERSHIPS IN HEALTH* MICROGRANTS PROGRAMME

Hosted by the NHS Legacy and Health Equity Partnership (LHEP) and the Greater London Authority (GLA)

PLEASE BOOK YOUR FREE TICKETS HERE

The event will be an opportunity to:

- Hear more about the Community Action for Partnerships in Health grants programme
- Define London's legacy post COVID-19 for immunisations (vaccines), screening, and access to healthcare
- Work with London's community organisations and health partners to create new ways of placing communities at the heart of health service design and delivery
- Network with other individuals and organisations with a shared passion for addressing health inequalities



Wednesday
19th July 2023
From 09.30am



Coin Street
Conference
Centre, 108
Stamford Street,
London SE1 9NH



Community organisations are eligible for reimbursement to cover the cost of travel to this event. Please contact ella.johnson16@nhs.net to arrange this, and/or to specify any dietary requirements.



As detailed above, we are excited to share with you an upcoming funding opportunity open to organisations working with communities impacted by health inequity and healthcare exclusion. Microgrants will be available at the value of £2,000 or £5,000 for community-led initiatives.

Further details of the grants will be shared at the Community Action for Partnerships in Health community conversation event, and when the grant programme opens on Monday 3rd July.

We encourage prospective applicants to attend the launch event for support in developing applications and to learn more about the programme. However, information will be available for those unable to attend in person.

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:

- 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

VOLUNTEER SPOTLIGHT



BEFORE...



...AFTER!



In April, we had two volunteering teams from GiffGaff supporting Hillingdon Mind and AGE UK HHB with their outdoor projects. They did an incredible job as is evident from the pictures above. The Community Development Team is often approached by teams of corporate volunteers to get involved in one-off volunteering opportunities. If you have a project you would like a team to get involved with, please contact us on volunteerhub@h4all.org.uk.



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 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 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 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 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.**

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

FORTHCOMING EVENTS

Playday 2023

Hillingdon Athletics Stadium
Wednesday 2 August, 10am to 3pm

Celebrate children's right to play at this fun packed day.

A variety of activities will be on offer, including cycling, the youth bus, arts and crafts, a fire engine and lots more...

This is a free event but booking is essential via
www.hillingdontheatres.uk

Booking closes at 4pm on Tuesday 1 August



discover.hillingdon.gov.uk/playday

Travel information

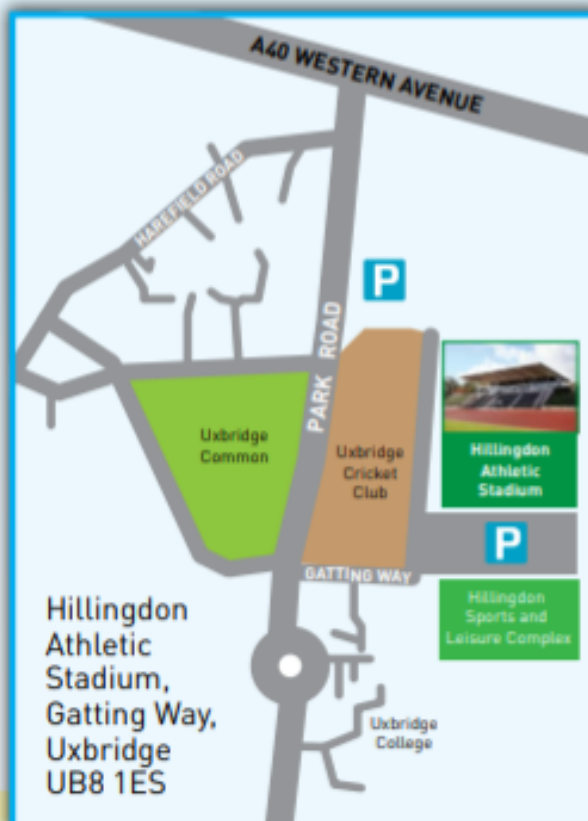
There are plenty of transport links to get you to Playday. Hop on the bus, walk or cycle!

Buses stop on Park Road – a short walk away from the stadium (please check your bus route).

The closest **tube** station is Uxbridge. It takes about 20 minutes to walk from the station to the stadium.



Free **parking** is available on a first-come, first-served basis on the field behind the athletics track (accessible via Park Road). Disabled and paid parking is available at Hillingdon Sport and Leisure Complex.

For further information please contact the Sport and Physical Activity team on 01895 250453.




BETTER

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](https://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



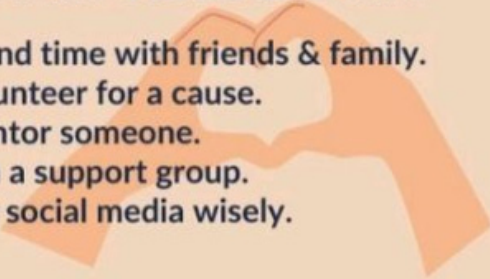
TAKE CARE OF YOUR HEALTH.

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.

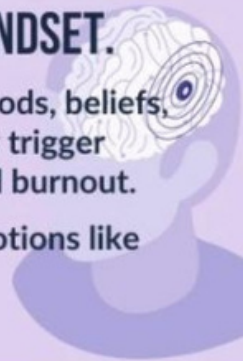
Address causes of burnout at their source.
Common culprits are:

- 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.



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



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



www.h4all.org.uk



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