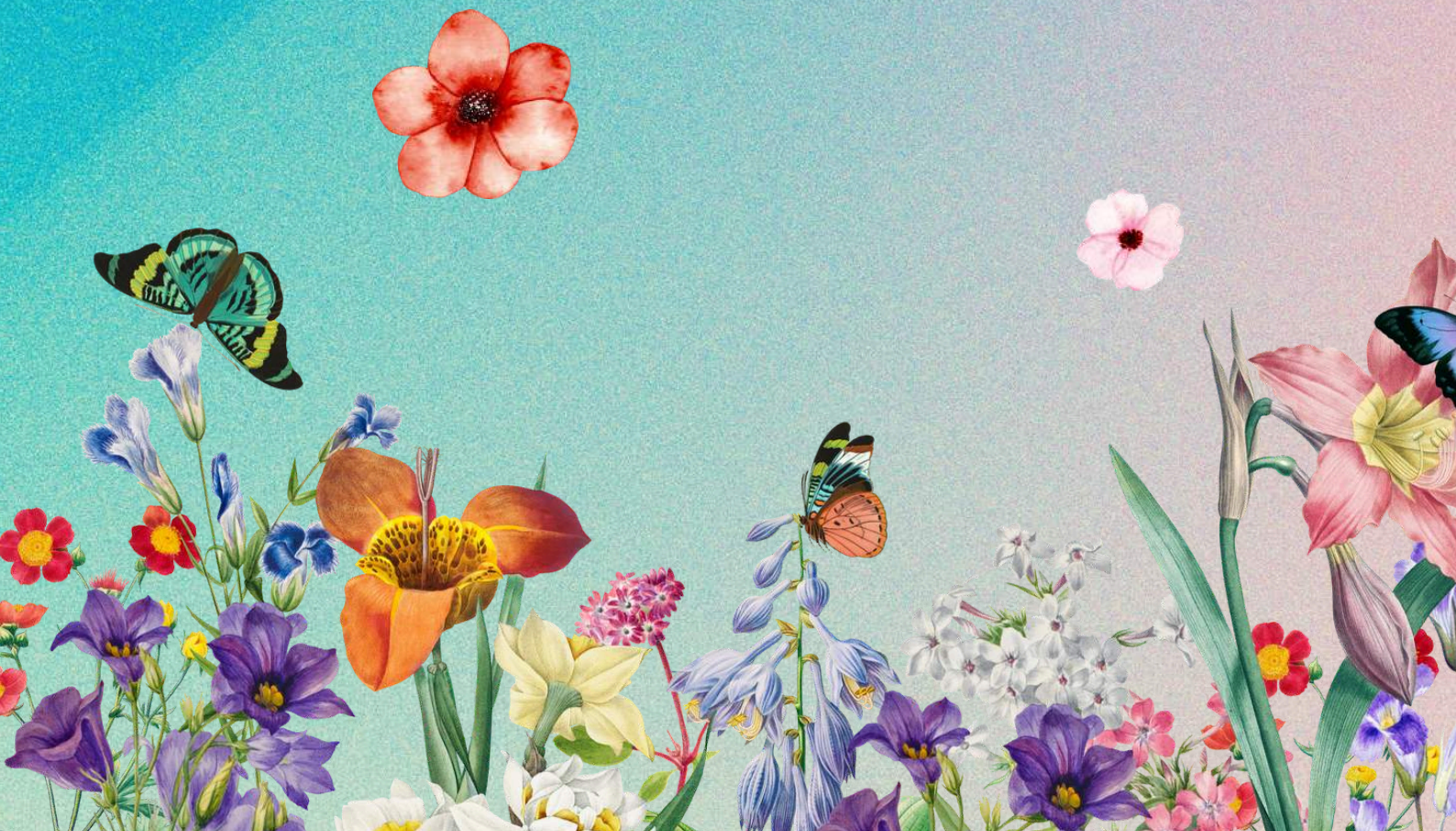


# Hillingdon Community Voice

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Keeping connected, to stay stronger together.





# Spotlight

Welcome to our latest Spotlight, the feature where you get to meet a member of our team.

## Q&A

**Chanel Mahay**  
Community Development Officer



### What's your role and an overview of your department?

My role is community development officer. An overview of my department is working with third sector organisations. This might include developing and implementing training, assessing needs, securing funding and partnership building.

### What's your preferred name?

*(Please include pronouns if you'd like to)*  
Chanel (SHE/HER).

### What do you think is the most pressing health or social care issue?

Lack of mental health resources.

### What's your next exciting project?

I'm new to the role & looking forward to forming some relationships and making my own impact.

### What activities or hobbies do you enjoy outside of work?

Knitting, reading and DIY projects.



### Can you recommend our readers a TV show, book or podcast?

*The Power of Now: A Guide to Spiritual Enlightenment*, a book by Eckhart Tolle. I read about a prison that gave this book to inmates, where it led to a huge shift in their rehabilitation.

### Can you recommend our readers a strange food combination that strangely works?

Grated cheddar cheese goes with more food dishes than you think. stir fry, biryani, pasta etc

### If you had to play one song whenever you entered a room what would it be and why?

*Kuch Kuch Hota Hai* because it makes me happy, and it tends to spread happiness.



### If you could go back in time and give your younger self a piece of advice, what would it be?

Don't let your worries disrupt your peace. If the things you are worrying about today will be irrelevant in a years' time, then don't let them consume you.



# Lottery Funding

## *How The Community Fund is Supporting Hillingdon*

Today we're pleased to share more details about the generous support that The National Lottery Community Fund has given H4All to revolutionise the landscape of the voluntary sector in Hillingdon.

This new five-year programme will be built across three broad strands.

### **Strengthening Engagement and Capacity in the Community**

We've been tasked with building the capacity of Hillingdon's VCSE sector. Our goal is to foster a sense of trust and confidence in the capability of H4All to support community development in Hillingdon, and to enjoy the impact that this brings.

### **Collaborative, Integrated Services**

Collaboration lies at the heart of our mission. We'll be forging meaningful partnerships that integrate services to better serve the Hillingdon community. We aspire to create a network of support that is responsive, inclusive, and dedicated to advancing well-being.

### **Improving Local Community Health**

Only community-driven solutions will address the biggest health challenges in Hillingdon. We will focus on understanding the collective wisdom and resources of the community, to develop real, localised, responsive solutions to health inequities, to create a healthier, more resilient community where everyone has the opportunity to thrive.

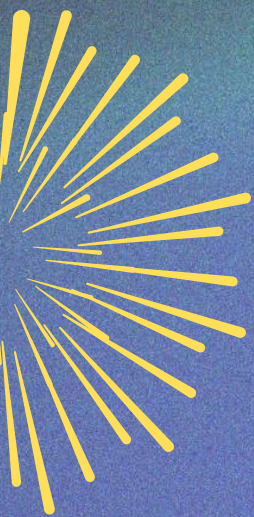
The National Lottery's backing is not just a financial endorsement but also a vote of confidence in H4All.

Thanks to the players of The National Lottery, over £30 million a week is generated for good causes across the UK. This project is just one that The National Lottery Community Fund was able to support last year with over half a billion pounds of life-changing funding to communities.

In the coming months and years, we look forward to sharing our progress and celebrating the countless stories of impact that will undoubtedly emerge. We will work tirelessly to ensure we deliver tangible and lasting benefits to the people of Hillingdon.







# Announcing...

## Our New Hillingdon Community Network

The H4All Community Team has launched the all-new Hillingdon Community Network.

This new initiative has emerged from what was the Health and Wellbeing Alliance of Hillingdon, which has undergone a significant transformation and expansion.

The new network welcomes everybody that works in and with the community, providing a platform for networking, information exchange, and support.

We recognise that the old *Health and Wellbeing Alliance* didn't fully resonate everyone. This newly launched initiative aims to better encompass the diverse range of groups and individuals in Hillingdon, whether they're focused on social welfare, cultural enrichment, or community development.

Over the coming months, you'll see us develop this space as a vital hub, providing opportunities for you to connect, stay informed, and access resources.

This is more than just a change of name from the Health and Wellbeing Alliance to the Hillingdon Community Network—it's about H4All's renewed commitment to inclusivity, collaboration, and community empowerment. We remain dedicated to serving as a catalyst for positive change in Hillingdon, fostering stronger connections and a more vibrant community.



### Members of the network can expect tangible benefits

- **Opportunities** for collaboration and partnership
- **Advice** on best practices in community engagement and development
- **Free Training** covering topics relevant to community organisations
- **Knowledge & Skills** – everything needed to excel in community development
- **Mentoring** for those seeking guidance and support
- **The Volunteer Hub** – helping you recruit local volunteers





# Join us at The Funders' Fair

**Our eagerly anticipated Funders' Fair is scheduled to take place on Wednesday 22 May at the Beck Theatre.**

Presented by the London Borough of Hillingdon and H4All, this is your opportunity to forge meaningful connections, meeting face to face with key funding stakeholders.

Once you've registered you can drop in between 10am and 2pm at The Beck Theatre in Hayes and discover a diverse array of funding and financial support. With representatives from esteemed organisations such as The National Lottery Community Fund, Masbro, and the City Bridge Trust in attendance, attendees can gain invaluable insights into each funder's priorities and criteria.

There's also an opportunity to meet the H4All Community Team to find out about the range of support and resources available to Hillingdon's voluntary and community sector.

This is not just about seeking funding; it's about building relationships. By engaging directly with funders, you can better understand what projects are likely to receive priority and tailor your funding bids. It's all about increasing the likelihood of a successful funding outcome.

10am-2pm, 22 May 2024  
The Beck Theatre

**Book now: <https://is.gd/yecine>**







# News

## **New National Lottery Operator**

Allwyn has officially taken the reins as the new operator of the National Lottery, dedicating itself to fostering positive change and enhancing support for charitable initiatives. One promising development is a collaboration with ITV, set to amplify and underscore the message of community empowerment. With an unwavering focus on philanthropy, Allwyn enters the scene with a clear mission: to elevate the National Lottery's contributions to charitable causes. They promise innovative strategies aimed at maximizing funding for initiatives across the voluntary sector.

## **Hillingdon Community Awards**

Hillingdon Council celebrated the hidden heroes within the community at a special awards ceremony in April. It took place at the Civic Centre in Uxbridge, where the Mayor, Cllr Shehryar Ahmad-Wallana, honoured the 18 winners for their remarkable contributions to local communities across the borough.

More: <https://www.hillingdon.gov.uk/article/12742/Hillingdons-community-heroes-honoured-with-awards>

## **Northumbrian NHS pilots volunteering innovation**

A new and innovative volunteering project has been announced across Northumbrian Healthcare. Apprentices at a North East NHS trust are set to contribute hundreds of hours a year to supporting the region's communities. This project provides direct entry apprentices with a range of opportunities to volunteer in their own community or in communities across the North East.

<https://www.northumbria.nhs.uk/media-centre/news-and-blogs/news-stories/new-and-innovative-volunteering-project-announced-northumbria-healthcare-apprentices#2ba9ed2b>

## **New academic research says volunteering contributes to social cohesion**

A research team led by Professor Dominic Abrams at Kent's School of Psychology identified that when people feel part of a more cohesive community, they are more likely to volunteer to support others.

<https://phys.org/news/2024-02-synergy-social-cohesion-volunteering.html>

## **The Power of Cultural Social Prescribing**

The Mayor of London, South East London NHS ICS and several boroughs have collaborated to explore opportunities for local creative health, hoping it will help tackle health inequalities by embedding culture and creativity in Londoners' wellbeing journeys

<https://www.london.gov.uk/who-we-are/city-hall-blog/power-cultural-social-prescribing-health>





Disability Advice &  
Support Hillingdon

## DO YOU SUPPORT MANUAL WHEELCHAIR USERS THAT WOULD BENEFIT FROM BUILDING THEIR CONFIDENCE AND INDEPENDENCE?

*Wheelchair skills are a set of techniques that enable users to navigate their daily environments. Skills range from correct pushing techniques to going up and down stairs - and everything in between.*

Starting in May 2024, DASH is partnering with [The Wheelchair Skills College](#) to deliver a series of training sessions for wheelchair users based in Hillingdon.

*We are looking for 36 wheelchair users who:  
use a manual wheelchair  
aged over 18*

*Peer led training sessions are delivered by an experienced wheelchair skills trainer. Training sessions run from 10am - 4pm. Venue and dates for the training sessions will be confirmed when participants have signed up.*

*More about wheelchair skills can be found on  
The Wheelchair Skills College YouTube channel.*

**Contact Us:**  
020 4516 2734  
[vanessa@dash.org.uk](mailto:vanessa@dash.org.uk)





# H4All in the Community

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H4All has been busy in the community in the last few months, and here are just a few of the highlights.

## Health and Wellbeing Alliance, Friday 1 March

Before we retired the H&WBA brand, we convened for a great day of discussion and open space sharing in the centre of Uxbridge. Colleagues from across Hillingdon shared ideas, reflections, and a fine lunch on a pretty windy morning.

## Hayes End Welcome Wednesday, Wednesday 20 March

At Hayes End Methodist Church they transitioned their Winter Warm Hub into a 'Welcome Wednesday' space as the weather warmed up. The Community Development Team visited with some extra sweet treats one week in March to talk to visitors about the ways H4All's Wellbeing Service can help them.

## Hayes End Library Coffee Morning, Wednesday 27 March

Libraries throughout the borough run regular coffee mornings as part of their public engagement programme, and we visited to talk about Community Champions.

## Northwood Health Hub, Friday 5 April

H4All regularly rallies the whole of the borough's health community and goes on the road. At the beginning of April we stopped by Northwood Hills for the North Connect health area's hub. Alongside a range of health checks, local residents took in some live MyHealth sessions, while our own stall showcased the range of services H4All runs, and the volunteering opportunities we're promoting.

## Happy to Chat, Wednesday 1 May

The H4All Community Team has been championing and supporting Brunel University's Happy to Chat initiative since it launched last year. In May we went along to meet some of the students supporting and running the campaign, and got to relive our own mis-spent youths over pizza in the common room.





From left:  
H4All team members  
Samantha, Sophie  
and Naomi at the  
IWD2024 Celebration

# H4All in the Community



## International Women's Day 2024

The H4All team had an opportunity to attend IWD2024, an International Women's Day event hosted at the Beck Theatre, and the experience was nothing short of inspiring.

As we stepped into the vibrant atmosphere of the event, we immediately felt a sense of solidarity and empowerment amongst the attendees.

During the day we engaged in meaningful conversations, shared stories, and connected with individuals from diverse backgrounds and walks of life. It was a beautiful celebration of womanhood and a powerful reminder of the strength that comes from unity and support within the community.

The event featured panel discussions, workshops, and performances, all aimed at highlighting the achievements and struggles of women worldwide. From discussions on gender equality to workshops focusing on empowerment and self-care, every aspect of the event was thoughtfully curated to foster learning, growth, and solidarity.

Our team facilitated an important discussion about women's health that took place just before the keynote presentation.

Our day at the Beck Theatre was not just a chance to celebrate, but also an opportunity to connect with like-minded individuals, forge new friendships, and reaffirm our commitment to supporting gender equality and women's rights. It was a day filled with inspiration, empowerment, and a sense of belonging within the vibrant and diverse community of women.



# MyHealth

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 workshops are free and facilitated by a health professional in a group setting, both online and face to face. Each workshop runs for 2 hours, allowing attendees to ask the questions they don't get time for in a normal GP appointment.

**Demand for in-person sessions has been growing, so the MyHealth team have adapted their model and are delivering more face-to-face workshops at local venues across the borough. Get in touch with them to express your interest and be notified as new dates are added.**

**Get in touch with the MyHealth team:**

**01895 54 34 37**

**[myhealthhillington.co.uk](http://myhealthhillington.co.uk)**



Karishma Thakrar (pictured left) is one of the local clinical pharmacists that delivers the MyHealth programme. Here she is running a workshop on how to manage and understand Type 2 Diabetes.



# The Arts

## New National Theatre Play Celebrates Healthcare

We've been inspired by the poignant new production at the National Theatre, celebrating the founding of the National Health Service. **NYE**, a gripping play starring Michael Sheen, is receiving rave reviews for its powerful portrayal of the pivotal moments leading to the birth of the NHS.



One man's dream of the NHS

# Nye

The National Theatre showcased this powerful portrayal of the birth of the NHS. It has garnered widespread acclaim, particularly for Michael Sheen's stellar performance as Aneurin, or Nye, Bevan, the driving force behind the establishment of the National Health Service.

Set against the backdrop of post-war Britain, *NYE* delves into Bevan's relentless crusade for accessible healthcare for all. It's both an enlightening historical piece and a testament to the enduring importance of healthcare advocacy. By shining a spotlight on Bevan's challenges and triumphs, the play underscores the value of collective action in shaping the healthcare landscape we cherish today.

*Nye* enjoyed its world premiere at London's Olivier Theatre, after which it's moving to the Wales Millennium Centre in Cardiff where Michael Sheen will continue his role as Nye Bevan in a strictly limited run.



# Volunteering



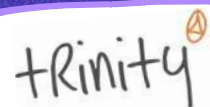
We're delighted to announce our brand-new voicemail service. This has been set-up to ensure it's easy to reach the volunteer hub team. Anyone can leave a message at any time, and we'll respond as soon as we're available. Save the number **01895 676 111**, and don't forget to get in touch!



## Music Specialist

DASH provides vital support and events for people with Disabilities in Hillingdon. They're seeking a volunteer to support the running of music sessions, someone who would feel confident using a musical instrument or leading a singing session .

Find out more:  
<https://is.gd/jupomu>



## Cook

Trinity Homeless Projects run a local hostel providing supported accommodation to rough sleepers or those at risk of rough sleeping. They're seeking a volunteer to cook/ provide hot meals to service users to ensure everyone gets a hot meal.

Find out more:  
<https://is.gd/casito>

For further information, please contact us on: **01895 676 111**,  
or email **volunteerhub@h4all.org.uk**  
to speak to a member of our volunteer team.



# Funding Opportunities



## Heathrow Community Trust Communities Together

The Heathrow Community Trust looks to support local activities that make a tangible difference in the lives of residents. Their funding supports a range of initiatives, from education and environmental sustainability to health and wellbeing.

Whether establishing community gardens, enhancing youth education programs, or launching a cultural event, the Heathrow Community Trust will consider the proposal, and prioritises funding for local, smaller organisations.

The Communities Together Large Grant Programme helps groups working in Ealing, Hillingdon, Hounslow, Slough, Spelthorne, Richmond, Runnymede, South Bucks, or Windsor & Maidenhead, to run projects focused on bringing communities together – with a particular emphasis on organisations working with adults 25+. The programme provides grants of up to £15,000 per year for up to two years.

<b>Grant size:</b>	Small grants programme, up to £5,000 per year. Micro-organisations may also get specific volunteer skills-based support to develop a project proposal. The large grants programme, up to £15,000 per year.
<b>Length:</b>	Up to two years. Grants of £4,999 or less one year only.
<b>Decision timescale:</b>	Board decisions made on 9 May, 29 July, and 4 November. Projects must not start before the corresponding board date
<b>Deadlines:</b>	Large grant programme closes 30 May. Small grant programme opens 1 July / closes 3 September.



# Funding Opportunities



## City Bridge Foundation Building a More Liveable London

The City Bridge Foundation's "Making London More Liveable" initiative offers funding aimed at reducing suicide risk and enhancing mental health support.

The foundation provides financial support to projects dedicated to addressing mental health challenges and supporting individuals at risk of suicide. From community-based mental health programs and suicide prevention hotlines to initiatives promoting mental wellness and resilience-building activities, a wide range of projects focused on suicide prevention and mental health support are eligible for funding.

<https://www.citybridgefoundation.org.uk/making-london-more-liveable>

<b>Grant size:</b>	£5,000 per year for two years £4,999 or less only awarded for a single year
<b>Length:</b>	Up to two years. Grants of £4,999 or less one year only.
<b>Decision timescale:</b>	Not stated
<b>Deadlines:</b>	31 May 2024



# Funding Opportunities



## City Bridge Foundation Strategic Partnership Funding

The City Bridge Foundation's 'Strategic Partnership Funding for Suicide prevention' is looking to fund four partnerships, which will work strategically to achieve systemic change in the area of suicide prevention in London, over a period of seven years.

This fund has been designed to promote collaboration and partnership in the area of suicide prevention. City Bridge are particularly interested in applications which promote cross-sector working.

The decision makers are seeking to support projects and organisations that involve the communities the project or organisation serves in the shaping of its services, or that are directly led by those communities.

<https://www.citybridgefoundation.org.uk/funding/strategic-partnership-funding>

<b>Grant size:</b>	Up to £150,000 per year
<b>Length:</b>	Up to seven years
<b>Decision timescale:</b>	Not stated
<b>Deadlines:</b>	Opens 3 June 2024 / closes 5pm, 2 August 2024.



Would you like to run a community event or activity this Summer?  
Help to increase cancer awareness in your local community.

**Apply for a grant of up to £500 to support you.**



Are you a local community and voluntary group in North West London?

Would you like to run an event or activity to support local people to stay healthy and well, and to find out more about cancer and local cancer services?

Funding is available to support you.

To find out more and apply visit:

<https://rmpartners.nhs.uk/new-grant-programme-for-cancer-awareness-activities/>

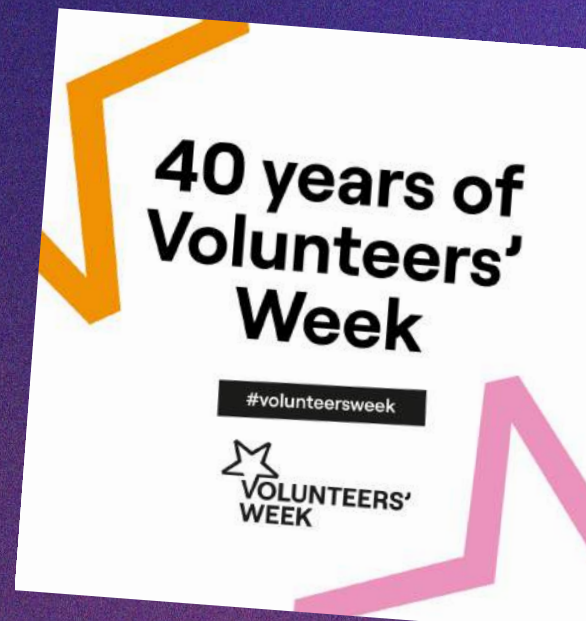
**Applications are open until 31 May 2024.**



# Upcoming Events

## Volunteers' Week, 3-9 June

Celebrate the amazing contribution volunteers. Volunteers' Week was first established in 1984, so this year marks the exciting **40th anniversary**, from Monday 3 to Sunday 9 June.



## Small Charity Week, 24-28 June

Last year Small Charity Week set out to tell the story of small charities, and exceeded all expectations. Building on last year's success, the occasion is being reimagined into a 3-year campaign to address the challenges faced by small charities.

## The Big Help Out, 7-9 June

The objective of The Big Help Out is to raise awareness of volunteering throughout the UK and provide opportunities for people to experience volunteering and make a difference in their communities. The Big Help Out is open to all, and any organisation or individual can join in with or register an event via the Big Help Out Platform on web and mobile.



## Mayor's Picnic in the Park, 29 June

Hillingdon will come together on Saturday 29 June from noon until 5pm for a free afternoon picnic in Barra Hall Park. There'll be a range of activities on offer, including face painting, live music and entertainment.. So bring a picnic, something to sit on and enjoy the occasion..





LIVE WITH

**Pride**

AND BE PROUD OF WHO YOU ARE

Come and meet other LGBTQ+ Autistic adults aged 18 +  
at our monthly adult social group  
Make new friends, form connections, join in with activities and receive  
support.

Sessions : Apr 29th| May 27th| Jun 24th| Jul 29th| Aug 26th|Sept  
30th| Oct 28th| Nov 25th| Dec 16th

Time: 6pm-7pm

To ensure confidentiality location details will be given following  
signup to the sessions

For more information or to make a  
referral please call or email  
natalie@hacs.org.uk | 0208 606 6780

**SATURDAY 22ND JUNE 2024**

**11 AM - 12.30 PM**

**RUSTY BIKE CAFE  
FASSNIDGE PARK  
ROCKINGHAM PARADE  
UXBRIDGE  
UB8 2UW**

### **LGBT+ WALK, TALK and DO**

Come and chat to our friendly local police officers on a Walk and Talk of the local area. We're inviting you to tell us your experiences and concerns. If you feel unsafe in a particular area, let us know so we can work with partners improve safety on our streets. Let's Walk and Talk. Share your thoughts on the safety of the LGBT+ community, #NoPlaceForHate, #Community, #Safety, #MyLocalMet.

Register for this Walk and Talk at:  
<https://www.eventbrite.co.uk/e/lgbt-walk-talk-and-do-event-tickets-904701505557>  
or scan the QR code



**METROPOLITAN  
POLICE**





# Contact Us



01895 54 34 34



info@h4all.org.uk



info@h4all.org.uk

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