

As the days begin to get shorter and the breeze colder, we hope that you are wrapping up warm ahead of the festive season that is to come. Healthwatch Hillingdon strives to keep all Hillingdon residents informed and the Autumn 2021 Newsletter aims to keep you up-to-date with our latest events, as well as the services that are available to you. With volunteering opportunities available, we look forward to seeing some new faces joining us very soon. We hope that you are in the best of health and enjoy the short spells of sunshine that continue to make an appearance.

Pass it on...

Please forward this newsletter to your friends, family, and colleagues.

Join us and subscribe to Healthwatch Hillingdon's quarterly newsletter, to keep up to date with our latest events and the NHS Services that are available to you.

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Healthwatch Hillingdon Events

► Latest Blog Post - From Gardening to Qigong - Healthwatch Hillingdon's Virtual Wellbeing Day by Bethan Vickers



With the success of our second Virtual Summer Wellbeing day, we wanted to share a first-hand account from one of our volunteers of what can be expected on the day, as well as what you can achieve from joining us. With a variety of activities available, there is something for all attendees to benefit from. If you were unable to attend our previous Wellbeing days, be sure to keep a lookout for our future events.

Summer has arrived late this August. I have managed to stretch the Wi-Fi signal from the house, so that my laptop sits with me on the grass in the garden. Laughter and useful tips float across my screen as, yet again, I try to absorb the magical techniques of successful gardening.

It is my second Wellbeing Day that I have attended online with Hillingdon Healthwatch. Free, fun, and with the ability to participate as much or as little as you want - I couldn't think of anything better to invite into my garden on a lazy afternoon. Plus, I am a sucker for trying something new.

And today it's full of new things for me. An introduction to Qigong. An insight into Sound therapy.

I cycle through smooth motions and light stretches guided by an experienced and calming Qigong teacher. My fingers brush the grass. Tension releases from my shoulders as I 'shoot the golden eagle'. It is strangely beautiful and only needing an armful of space in each direction it is wonderfully practical for the soft, self-contained exercise that I have come to rely on since lockdown. If you have space to stretch your arms out in every direction, then you are already half-doing Qigong.

But the physical movement is not the only benefit we get from Qigong. As we are now discovering more and more, the physical and the mind are inextricably linked. I close my eyes for the moment of meditation at the end. My body is loose and vibrating from the patterns of motion. The warmth from the sun prickling my skin mirrors the warm tingling within. I am grounded. Coming back to nature, I take a deep breath heady with dahlias.

Not only have I had the chance to experience the interesting movements of Qigong, I have also had a glimpse into the meaning of it. The connectedness. Returning to the feeling we have inside of us. In a world that is increasingly hectic on the outside 'wellness' can be found in the little grounding moments of 'me'. We should grasp with both hands any new experiences we have that can teach us about them. Hillingdon Healthwatch Wellbeing Days allow you to do just that!



November is Diabetes Awareness Month

► Diabetes Awareness Month

In light of November being Diabetes Awareness Month, Healthwatch Hillingdon wanted to provide a quick summary about the different types of diabetes, how you can prevent it and where you can go for help.

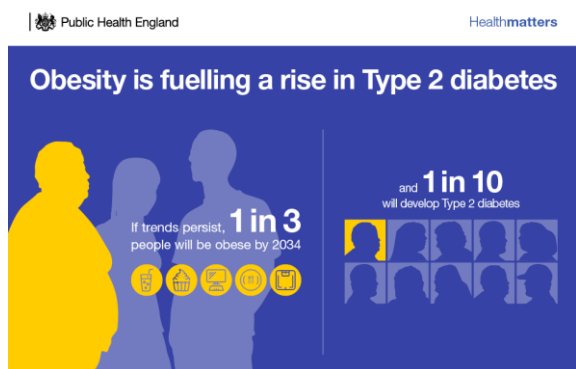
As many of us are aware, diabetes is a non-communicable disease (NCD) where the amount of sugar in the blood is too high. There are two types of diabetes:

- **Type 1 diabetes**, which is an autoimmune disease that cannot be prevented, whereby the body is unable to produce any insulin.
- **Type 2 diabetes**, which is affected by lifestyle choices and develops when the body stops producing enough insulin or the body's cells stop reacting to the insulin produced.

Type 2 diabetes is a major cause of premature mortality, with around 22,000 people with diabetes dying early each year in England. However, it is often not Type 2 diabetes itself that causes death, but complications of the disease, such as cardiovascular disease (CVD).

The condition requires action at the population and individual level to support changes in lifestyle, particularly diet and physical activity.

Risk factors for Type 2 diabetes



Several factors increase the likelihood of developing type 2 diabetes which includes:

- Obesity, inactivity and diet
- Family history of diabetes

- Ethnicity - people of Asian, African, and Afro-Caribbean ethnicity are 2-4 times more likely to develop type 2 diabetes [Diabetes UK, 2020].

Health impact of Type 2 diabetes

Those who develop Type 2 diabetes are subsequently at greater risk of developing further complications from the disease, which include cardiovascular diseases, such as heart attacks, blindness, nerve damage, kidney disease and diabetic foot disease. As well as affecting the physical wellbeing of individuals, a survey conducted by Diabetes UK found that 3 in 5 people (64%) living with diabetes also experience emotional or mental health problems as a result of their condition.

Healthier You: NHS Diabetes Prevention Programme

PHE, NHS England and Diabetes UK have worked together to launch the NHS Diabetes Programme, in 2015. The Programme delivers evidence-based behavioural interventions for individuals identified as being at high risk of developing Type 2 diabetes.

The goals of the NHS DPP are to:

- Reduce the incidence of Type 2 diabetes
- Reduce the incidence of complications associated with Type 2 diabetes - heart, stroke, kidney, eye and foot problems related to diabetes
- Reduce health inequalities associated with the incidence of Type 2 diabetes, over the longer term



Service of the Quarter

At Healthwatch Hillingdon we aim to support our residents and to provide you with the help you need, which is why our newsletters will spotlight a service or organisation that may be useful to you. For this quarter, we will be focusing on **Hillingdon Women's Centre**, an organisation built with the sole purpose of supporting women in the community.



Hillingdon Women's Centre has been in operation for over 30 years, supporting the needs of all women in our community. We provide access to services and work with women to overcome barriers to thrive. We pride ourselves on being a feminist, safe and women-only space that is inclusive of all women. We are passionate about delivering high-quality services that offer information, advice and support to those most in need. The main requests for help are for our domestic abuse services. However, we can advise in other areas too. Our services are **always** client-led; we listen, provide information and enable women to make their own choices and take control of their lives.

Currently, we offer domestic abuse support with a dedicated **Caseworker** who provides 1:1 information, advocacy and emotional support from the point of disclosure through to reporting, safety planning, seeking legal advice and navigating this journey. Additionally, we offer a group-based recovery programme called

Pathways to Healing to empower and connect survivors of domestic abuse who are now safe as they build a new life, free of violence. Finally, we also offer employers **training and consultancy** to develop better workplace policies for staff experiencing abuse.

Beyond our domestic abuse services, we have a fantastic Support Adviser who is trained to help in many ways: most commonly in areas such as benefits, wellbeing, housing, education and well as general form-filling. This support can be on a long-term or one-off basis. They can also make relevant referrals and signpost women to other relevant services where appropriate. We can also put women in touch with our partner solicitors to receive an **initial free legal consultation** on cases concerning Family Law, Personal Injury, Housing and Immigration.

At Hillingdon Women's Centre, we are passionate about sisterhood and strive to connect women through one-off and regular self-development workshops online and in person. The best way to keep up to date about our events/activities schedule is to follow us on **social media** or sign up to our mailing list via our website. We are about to launch our **"12 Days of Christmas"** online fundraising auction on the 6th of December, so do check this out! To access any of our services, get in touch with us via our **online contact form**. Alternatively, you can email your query to info@hillingdonwomenscentre.org or call us on **01895 259 578**. We are open Mon-Fri 9-5 pm.

Address:
Hillingdon Women's Centre,
333 Long Lane,
Uxbridge,
UB10 9JU

Instagram, Twitter and Facebook:
@hillingdonwomen
LinkedIn: hillingdon-womens-centre

Services in Hillingdon

► Hillingdon Cove Café - Launch Date Monday
29 November 2021 2pm - 10pm



Hestia, a charity with over 50 years of experience supporting people to have a life beyond crisis, is transitioning the Hillingdon Cove into an open-access community service for people who are experiencing mental health distress. Until Monday 29 November 2021, the service will remain referrals only through the statutory mental health teams, but from 2 'o'clock on Monday 29 November, local Hillingdon residents (18+) who need support with their mental health can access a mental health support service without the need for a referral or an appointment.



Hestia's Mental Health Recovery Workers will warmly welcome attendees at the Hillingdon Cove Café to engage in one-to-one sessions and group work to help them to build on their resilience, develop coping strategies and self-management techniques around their mental health. Staff will support people attending the service to develop their own support and safety plans over a cup of tea, to help them to identify positive strategies to cope and manage.

The service is co-located at Haya House Community Centre, 90A East Avenue, Hayes, UB3 2HR and is accessible through the main door at the front of the building between the hours of 2 pm - 10 pm, 365 days per year.

For more information and/or details about the service please call: [07827535271](tel:07827535271), email: Hillingdon.Cove@hestia.org, or drop in and see the team yourself at the address.

► Have Your Say About Online GP Services

Online GP consultation services make accessing your GP and surgery easier.

The NHS wants to improve these services across NW London and to do this they need to know how they've been working for you so far. Which parts of the service are important to you, what doesn't work well and can they make things better?

The survey will stay open for nine weeks; the closing date is **Wednesday 5 January 2022**.

If you have any questions about the survey or the work going on, please feel free to get in touch via email: nhsnwlccg.ocsurvey@nhs.net.

To complete our survey, click [here](#):

NHS
North West London
Clinical Commissioning Group

Have your say about online GP services

Complete our survey at:
<https://healthwatchhillingdon.org.uk/OC>

Join Young Healthwatch Hillingdon

► Volunteer For Young Healthwatch Hillingdon



Young Healthwatch Hillingdon is a group of young people aged 11 to 25 who live, work or study in Hillingdon. Our mission is to make sure that children and young people have a say about local health and social care services, such as those delivered by the council and NHS, to improve services now and for the future.

We regularly take part in meetings with Healthwatch Hillingdon to direct their work, as well as leading activities such as health and wellbeing events, surveys and workshops with other young people in Hillingdon to gather their views about, and experiences of, health and care services. During the pandemic, we also started producing our own podcasts to share information about the key health and wellbeing issues for young people.

“ I have been volunteering for Young Healthwatch Hillingdon for three years now and it has been a truly unique and incredible experience. As part of my role, I have had the opportunity to work alongside the NHS and other mental health charities in order to gain research and promote adolescent health and wellbeing...It has been very rewarding to help health services gather information from adolescents and give back to my community.

”

~ Ellie, age 17.

We're currently inviting young people in Hillingdon to volunteer with us to help deliver some important projects. As a volunteer with Young Healthwatch, you'll make a positive difference for your community, at the same time gaining valuable skills and experience that will serve you in the future.

So, if you're aged between 11 and 25, you live, study or work in Hillingdon and are interested in getting involved, please contact lisa@healthwatchhillingdon.org.uk for more information.



Join us today to have your say!

For more information about how you can get involved, email: lisa@healthwatchhillingdon.org.uk or call 01895 272997

- 11-25 years old?
- Live, work or study in Hillingdon?
- Want to improve health and care for young people?

