

# Your February/March update Community Champions



## Welcome to our first Community Champions update!

*Knowledge is power,  
community is strength and  
positive attitude is everything.*  
- Lance Armstrong

Welcome to our first community Champions update, a round-up of the latest information from cost of living support to mental wellbeing, as well as current health events and services – for you to share with your friends, family and the wider community. Plus, highlights of what Champions have been up to and upcoming Community Champion events!



## Cost of living support

Community Champions can signpost anyone in their community to Ealing's support and advice services for lots of useful and practical information. Find out who can qualify for certain benefits and grants, especially those on a low income or who have been made redundant; get reliable, independent advice on how to save energy; or find out what to do for those who are unable to top up a pre-paid meter and learn more about Warm Spaces.

[Read more](#)

## Winter warmth

Spring might be around the corner, but it is still particularly cold at this time of year. You can get some simple energy-saving tips on [Around Ealing](#); and for anybody struggling, the Healthy Homes Ealing service offers free advice to eligible residents on how to stay warm despite rising bills. The helpline is free on 0800 083 2265 (Monday to Friday, 9am-5pm) or via an [online referral form](#).



## Warm Spaces

Warm Spaces are being provided in the borough so people have somewhere they can go if they are struggling to heat their homes. Details of Warm Spaces offered by community organisations including contact details, how to get there, and facilities provided are listed in the Warm Spaces directory.

[Warm Spaces directory](#)

## Want to help at a Warm Space?

Community Champions can also support Ealing's Warm Spaces service by volunteering at sites to provide information and wellbeing advice to residents who access these spaces. If this is something you think you'd like to get involved in, then do please get in touch using the contact details in the Warm Spaces directory.

## Digital inclusion



Age UK Ealing offer a digital inclusion service to reduce loneliness and isolation among older people. The programme started this month at Greenford Community Centre and is a very exciting new opportunity for people aged 50 and over who would like to gain digital life skills – from how to use your device to staying safe online.

The programme runs for several weeks and is suitable for two different levels – beginner and improver level. There are also drop-in sessions, handy if you have a one-off digital query.

**Beginner level:** Thursdays, 23 March - 27 April  
From 10.30am-12pm and 1.30-3pm

**Improver level:** Fridays, 24 March – 28 April (exc. 7 April)  
From 11am-1pm and 2-4pm

**Drop-in sessions:** Mondays from 1-3pm (exc. bank holidays).

For more information, email [digitalinclusion@ageukealing.org.uk](mailto:digitalinclusion@ageukealing.org.uk) or call 020 8578 2712 (option 8).

## Re-Klaim devices

The council, through Ealing and Hounslow Community Voluntary Service, offer a digital device distribution service to empower residents with digital access and reduce digital isolation and exclusion among vulnerable residents. Find out more about [Re-Klaim it](#) and who can qualify for a refurbished device.



## Looking after our mental health

Your mental health is as important as your physical health. [Every Mind Matters](#) provides expert advice and practical tips to help you look after your mental wellbeing. A new crisis support cafe, 'Circle' has also launched in Ealing to help children and young people who are experiencing or nearing a mental health crisis.

[Read more](#)

## Get involved in Ealing's Community Review Panel

This is a great opportunity for more residents to join the [Community Review Panel](#). The panel plays an independent, advisory role in the borough's planning work, discussing issues including housing, transport, the borough's green spaces, and the environment. This helps to ensure that new development in the borough is of the highest possible design quality, and meets the needs of people living, working and studying in the area, now and in the future.

[Read more](#)

## Champions' Training

Last month, we invited Champions to take part in **Making Every Contact Count** training. Training was aimed at facilitating helpful wellbeing conversations in communities, using simple listening techniques and dialogue skills; and we had some great feedback from the sessions!

Practical exercises were **very useful**. Scenario-based exercises were really helpful

**Great workshop.**  
Thank you!

It was **comprehensive** training

Simple key skills to help **support people** we work with

It was a **wonderful training**.  
Really enjoyed.  
Ashlee was wonderful

## Champions Forum – Funding opportunities

Tuesday 28 February, 2.30-4.30pm

In our next Champions Forum, we'll be exploring the range of funding offers available in Ealing that Champions can apply for, either as part of an organisation or as a resident. So, if you have an idea for something you'd like to do to help your community, bring it along for advice and tips about the funding process and how to turn your idea into a project.

### Ealing Together Fund

Monday 6 March, 12-1pm

Find out how we can help you with your crowdfunding campaign by signing up to the online launch event [here](#).

#### Upcoming forum dates

April: Tuesday 18 April

June: Tuesday 13 June

August: Tuesday 15 August

October: Tuesday 10 October

December: Tuesday 5 December

## Health awareness events in March

Show your support by using the following resources to empower people with knowledge, tools and confidence to live healthier, happier lives.

### HIV outreach bus

GMI Partnership are offering free and confidential HIV testing outside Ealing Town Hall on Monday 27 Feb, from 10am to 3pm.

### Health hopper bus

The Health Hopper bus is back at St Mary's Church in Acton this March offering walk-in COVID-19 vaccines for children and their families.

## Prostate cancer awareness month



In the UK, every year around 48,600 men are diagnosed with prostate cancer. Find out more about the signs, symptoms and if you are at risk.

[Learn more](#)

## World oral health day – 20 March



It is estimated that oral diseases affect 3.5 billion people, causing unnecessary pain and discomfort. Find out more about oral health.

[Learn more](#)

## National no smoking day – 8 March

Ealing has signed up to Stop Smoking London, so Ealing residents can get free expert advice, support, and encouragement to help quit.

The helpline is 0300 123 1044 (Monday to Friday, 9am-8pm and Saturday to Sunday, 11am-4pm).

The website is also available in [Polish](#), [Turkish](#), [Romanian](#) and [Urdu](#).

[Learn more](#)



*Everyone's journey to giving up is different.  
We're here to help you get there.  
No matter what it takes.*

That's all for this month, but if you have any ideas or suggestions, we'd love to hear from you! Please get in touch with us at [communitychampions@ealing.gov.uk](mailto:communitychampions@ealing.gov.uk)



**Could you be a  
Community Champion?**

[www.ealing.gov.uk/communitychampions](http://www.ealing.gov.uk/communitychampions)