

# Your spring/summer newsletter

## Community Champions



### Welcome to the Community Champions update!

*"What do we live for, if it is not to  
make life less difficult for  
each other"*  
- George Eliot

Welcome to the Community Champions update – a round-up of local wellbeing events and initiatives taking place over this month and next, which we hope you find useful to share with your friends, family, and the wider community. Plus a few highlights of what the champions have been doing and forthcoming events.

### Cost of Living update



Save the date for the **Curb the Cost of Living event, Friday, June 23, at The Ealing Project, 11- 3pm** more details to follow. Champions and residents are invited to attend the one-day event, where people can drop-in to meet people from Ealing Council and other organisations, to find out more about what help is available.

Visit the link below for money advice, access the benefits calculator; apply for vouchers for pre-payment meters before June 30; eligibility for a discount on Thames Water bills, and free sim card vouchers from one of the council's four community hubs, located at Acton, Northolt, Southall and Ealing Central Library.

If you are struggling with finances or paying bills, call 020 8825 7170

[Cost of living - tips](#)

### Tread carefully!

Falls and fractures are a common issue faced by older people, which can lead to a loss of confidence, injury, or even independence. Simple steps can be taken to prevent falls such as making sure shoes fit properly, keeping well hydrated, or stretching regularly when you have been sitting. The following documents offer some helpful advice to avoid falls and support services.

**Training opportunities for Community Champions includes Falls Prevention Training (hosted by the NHS), Friday 30 June, 10 – 11am, email [communitychampions@ealing.gov.uk](mailto:communitychampions@ealing.gov.uk) to register your interest.**

[Falls services and prevention](#)

[Six steps to prevent a fall](#)

[Reduce the risk of a fall](#)

## Holiday Activity and Food Programme

The Summer Holiday Activity and Food Programme (HAF) is free and provides free fun and educational activities and a free hot meal, for young people and children in receipt of benefits related free school meals. It is a great way for children to take an interest in new activities and hobbies, as well as to enjoy a nutritious meal at lunchtime.

One parent Selina said: *“There are clubs all over the borough and the staff are great.”* Nosheen another parent said: *“It is a good way of helping families that really need a break and for keeping the children occupied and entertained. It was easy to register.”*

Find out about activity centres and register here, or contact the **HAF team:** [haf@ealing.gov.uk](mailto:haf@ealing.gov.uk)

Holiday activity and food programme

## Household Support Fund

This summer the council offers free activities and financial support for low income families, to help with food, heating and bills. As part of the [Household Support Fund](#) families eligible for benefits related free school meals will get supermarket vouchers.

If you receive **Free School Meals** automatically through the London wide scheme, make sure you still send in your application. This way you can make sure you receive other benefits you are entitled to, such as the **Household Support Fund (HSF)** and the **Holiday Activity and Food Programme (HAF)**. Visit [www.ealing.gov.uk/freeschoolmeals](http://www.ealing.gov.uk/freeschoolmeals) - your child's school can help you apply.

Household support fund

## Have a say in local services in Northolt



Join us in a new pilot scheme to influence local services in Northolt. The council are looking for volunteers in Northolt to take part in a pilot scheme, where they can work in collaboration with the council, to assist in designing local services.

The free service design training takes place over six weeks, for three and a half hours per week. You will learn all the basics of service design, meet other participants, and work alongside the council to provide valuable insights, and meet the needs of your community. **Get your applications in before 5pm Sun, 4 June!**

Design training will begin on Saturday, 17 June, 10am – 1:30pm with the Design Thinkers Academy. See the prospectus and Around Ealing feature for more information.

Service design training

## Let's get Southall moving

Help us to Get Southall moving! Together with Let's Go Southall, we want to create streets that get people moving and that are less congested, safer, greener, and more pleasant for all road users. The team would like to hear your views on traffic calming measures, faster bus routes, better pavements, and new cycle lanes. **Share your views in this short survey by 25 June.**

Share your views

## Lend a hand this Volunteers Week! 1-7 June

[BEfriend](#) – is a local social project helping to reach people who are housebound or socially isolated. This can often occur due to disability or long-term illness. The project provides an opportunity to meet diverse people and learn about their lives and stories, while at the same time contributing to a person's sense of wellbeing. You can visit someone in person or contact them by telephone, email [hello@befriend.london](mailto:hello@befriend.london), to find out more.

Let's celebrate our volunteers and find out about other opportunities in Ealing this Volunteers Week.

Volunteers Week

## Learning Disability Week, 19 – 25 June

Learning Disability Week is about busting the myths of living with a learning disability, ending discrimination, raising awareness and fighting for a fair and just society. This year Mencap are asking people to share their stories of living with a learning disability, people can read and share their stories here.

**The Journey**, is a new film, supported by The Power Group, aimed at family and friends of people with learning disabilities, and illustrates the difficulties faced by people with Learning disabilities and autism when taking public transport.

The film screens **Wednesday 21 June, 11am / 12pm / 1pm**, The Telfer Room, Ealing Town Hall, Ealing W5 2BY. No registration required – free entry.

Share your stories



### Small Talk Saves Lives

You may have noticed at Ealing Broadway station information on the hub of hope, or a friendship bench. The Samaritans have designed a campaign to encourage us to look out for one another. If you see someone who looks distressed, distant, or that may be in need of help then it only takes a second to start a conversation, "do you know where I can get a coffee?" or "are you ok?" could be all it takes to help someone on the path to recovery.

Small talk saves lives campaign

## Mattock Lane sexual health clinic for young people

A sexual health clinic for young people, aged 20 and under is running at Mattock Lane. The service is free and confidential, a drop-in service runs on Mondays, 4-6pm, telephone consultations are available on 020 3255 0084.

This month we invited you to tell us your experiences of being a Community Champion. You shared your thoughts on how a community voice is helping to raise awareness, create new relationships and collaborations, and inspire positive futures.

"Being a Community Champion in Ealing is personally significant to me, as it allows me to effect meaningful change and contribute to healthier, happier lives." Abdul

"I became a Community Champion as I want to help promote health and well-being and bring to life the values of trust, innovation, collaboration and accountability," Manmeet

"The purpose and motivation in becoming a Community Champion is to raise awareness for humanity. The goal is to demonstrate and inspire ethical principles that can help our community build for a sustainable future." Siobhan

"It is important that we are on this journey together, learning about each other, not being afraid to share our vulnerabilities and overcoming any barriers," Suzanne

## Training Opportunities for Champions

At our last forum in April, we held a session on training opportunities, including Digital Champion Training. Please register your interest in **training via the link below by Friday, 5 June, so we can arrange some training dates in June or July.**

[Training opportunities](#)

## Our next champion's forum - Tuesday, 13 June 4-6pm Health and Wellbeing strategy, and Building Blocks of Health

In our next forum we will be discussing the five-year Health and Wellbeing strategy for Ealing which was recently approved by Ealing's Health and Wellbeing Board. We will also be talking about the Building Blocks of Health; what they are and how they affect our physical and mental health throughout the life course.

As always, we'll be aiming for interactive presentations, so if you have any ideas, questions or comments about the Health and Wellbeing strategy, this is the perfect opportunity to find out more and share your thoughts.

[Health and Wellbeing strategy](#)

## Events in May/June

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

### National smile month

15 May – 15 June



This year, **National Smile Month, 15 May -15 June**, invites you to brush for better health. Find out more about practicing a good daily routine, and the wider health benefits of brushing regularly.

Smile month

### Dementia action

Dementia Action Week is an initiative run by the Alzheimer's Society, to encourage people who are concerned about memory loss, to get a diagnosis, and the support they need.

Individuals and families do not need to face dementia alone, it is important to get the support available before reaching crisis point. Alzheimer's Society provide social media resources, and a symptom checker.

Join the [Ealing Dementia Action Alliance](#) to keep up to date with local activities.

Dementia resources

### Diabetes week

12 – 18 June

**Know Diabetes** is a useful website for people with diabetes, it houses over 200 resources – videos, games, online courses, and leaflets to help you self-manage your diabetes.

Diabetes week resources

Useful and easy to read information on Diabetes UK website in several languages and on the North West London **Diabetes Prevention Programme** where people can self-refer.

Diabetes prevention

### Mental health awareness

This year the theme for Mental Health Awareness Week is anxiety. It is natural to feel anxious or scared in certain situations, and it can be difficult to control these feelings. The NHS defines anxiety as, "a feeling of unease, such as worry or fear, which can be mild or severe."

Symptoms can be both physical and psychological. It is important to realise you are not alone, and Good Thinking provide an anonymous service 24/7 to help people who are struggling. Good Thinking also provide social media assets to promote the campaign. Find out more about mental health and wellbeing support here.

Mental health awareness

## Foster care

Foster Care Fortnight, 15-28 May 2023, is organised by The Fostering Network, the UK's leading fostering charity. The annual campaign is designed to increase awareness of fostering and to encourage more people to consider becoming a foster carer. It also is a time to acknowledge the amazing work of all our foster carers in Ealing.

### Ealing's Fostering Recruitment Team events:

**Fostering Information session, Mon, 5 June, 6.30-8pm** (online): A virtual event to find out what it's like to foster for Ealing Council.

**Hanwell Carnival, Sat, 17 June, all day:** Come along to meet the Ealing Foster Care team at our stand, have a chat and find out more about fostering in Ealing.

**Fostering Roadshow, Ealing Broadway Shopping Centre, weekend, Sat, 19 and Sun, 30 July.** Ealing Foster Care team will be available to discuss any concerns or questions about fostering – as well as showcasing our new short film about fostering in Ealing.

Please help to spread the word and encourage family, friends and neighbours who are interested in fostering to come along to one of our events and/or to contact us, on the links below. To contact Ealing Fostering service call 0800 731 6550, or email [fosteradopt@ealing.gov.uk](mailto:fosteradopt@ealing.gov.uk), or join our Facebook page: [Ealing Fostering Connections | Facebook](#)

### Fostering resources



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)