

H4All Programmes

Older People's Assembly March 2022

Vicki Harrison-Carr

H4All Community Development Manager



Lung Health Engagement Programme



**Are you aged 55-74
and a smoker or ex-smoker
living in Hillingdon?**

You can get a free NHS lung health check

Lung health checks are quick and simple. They're a good way of spotting lung-related problems early on, possibly before you've even noticed anything.

The West London Lung Health Check team is working with Age UK Hillingdon, Harrow & Brent to help you get a lung health check.

- Please contact Gill Marsh at H4All on 07510 382922 or gmarsh@h4all.org.uk, or go to: www.bit.ly/3pHQi7u



For more information on lung health checks please visit:
lunghealthchecks-westlondon.nhs.uk

- Project worker: Gill Marsh (on stand in foyer)
- Programme delivered in partnership with Age UK & West London Cancer Alliance/ RM Partners
- Aimed at smokers and ex-smokers aged 55 to 74 (and 364 days)
- LB Hillingdon resident and registered with a participating GP in the borough of Hillingdon

RM Partners

Hillingdon,
Harrow & Brent
ageUK

H4All
stronger together

NHS

CARERS
TRUST
Hillingdon

Harlington
Hospice

Hillingdon,
Harrow & Brent
ageUK

dash
disability does not mean inability

Mind
West London Minds
Collaborative

Lung Health Engagement Programme



- Participants have an initial telephone appointment with a specially trained nurse at the Royal Brompton Hospital
- They will be asked health-based questions
- If the health questionnaire indicates the need, participants are offered a CT scan
- The scanner is in the car park of Tesco Yiewsley
- The dosage of radiation used is much lower than in other CT scans

Lung Health Engagement Programme



- If Lung Cancer is identified the participant will be directly referred to an appropriate lung cancer service.
- The scan can also detect diseases in surrounding organs, if this is the case an appropriate referral will be made.
- Targeted screening saves lives.
- Almost 5% of people will survive for 5 years or more following a diagnosis of stage 4 lung cancer.
- More than 55% of people will survive for 5 years or more following a diagnosis of stage 1 lung cancer.

Compassionate Hillingdon



- Project Coordinator: Karen Bonnicks (on stand in foyer)
- Compassionate Hillingdon is a community-led befriending service provided by H4All in partnership with Harlington Hospice
- Hillingdon residents aged 18 + who meet certain vulnerability criteria. Potential service users are people who are nearing the end of their life, those living with a long - term or chronic health conditions and those who are lonely or socially isolated.

Compassionate Hillingdon



Clients will be matched with a Compassionate Friend who will visit or contact them weekly, depending on preference, and support their wellbeing by addressing whatever is impacting their quality of life.

As well as support from a trained Compassionate Friend, there will be access to an online platform for advanced care planning called My Wishes.



Compassionate Hillingdon



- My Wishes is an online, holistic, future care planning platform. It aims to empower each person to make plans for themselves, their estate, their future care and those they care about; utilising non-medicalised approaches and making planning less daunting and approachable.
- Once a user has written their advance care plan, documented their funeral wishes, written their digital will or drafted their Last Will & Testament they are able to download the document locally (as a PDF), print it and share it digitally by attaching it to an email.
- The user can then choose which information they wish to be shared amongst friends, family members, care providers and even on their own My Wishes public page and on their social media accounts.



Volunteer Hub



- H4All Volunteer Hub promote a variety of volunteering opportunities for our five prominent third sector charities and for other charities and organisations in the London Borough of Hillingdon
- We engage with potential volunteers to try and find them a role that matches their request with the skills and experience they can offer
- We attend outreach events and promote volunteer roles
- Staff: Donna Heffernon, Frances Jackson and Emma Locke (on stand in foyer)



The Benefits of Volunteering



Make a difference to the community or specific cause



Meet new people and make new friends



Connect with and help others



Learn new skills and have opportunities for further development



Be part of a wider network in your local community, supporting and empowering people

Volunteer Opportunity: Community Champion



Rationale:

Research has shown messages spread by ‘word of mouth’ is one of the biggest influencers for behaviour change.

Research also shows that a ‘top-down approach’ cannot address the root causes of poor health and wellbeing.



Volunteer Opportunity: Role of the Community Champion



Share health messaging



Create / participate in community events



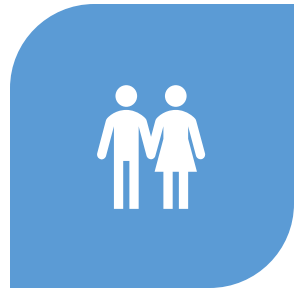
Help improve local services



Volunteer Opportunity: Benefits of being a Community Champion



Accredited training



Monthly peer support



Improving health in our communities



Thank you!

Any questions?

Vicki Harrison-Carr

Community Development Manager

T: 07841 804 176

E: VHarrison-Carr@h4all.org.uk

W: www.h4all.org.uk



H4All
stronger together

