

WINTER WELLNESS DIRECTORY 2025

WELLBEING &
BUDGETING ADVICE

SERVICE DIRECTORY

MENTAL HEALTH
SUPPORT & MORE

HILLINGDON

Helping You Live Well This Winter



Introduction

3ST are delighted to share our Winter Wellness Directory 2025 and hope you find it both useful and supportive.

This year, more than ever, access to clear and reliable information is vital. The ongoing cost-of-living crisis continues to affect the majority of households, and London remains the debt capital of the UK. According to the Money & Pensions Service, around 27% of Londoners are currently in need of debt advice.

Until recently, rent arrears were the most common form of debt, but recent research shows that energy debt has now overtaken this.

A recent Greater London Authority (GLA) poll highlights the growing financial strain faced by Londoners:

- 30% are 'just about managing'
- 20% are 'financially struggling'
- 20% of lower-income Londoners have gone without food or essentials, or relied on external support, within the last six months.

From our broad work across the borough, we know these figures are reflected among Hillingdon residents. This directory aims to provide a comprehensive guide to help you navigate current challenges and maintain your wellbeing through the winter months.

We will continue to update this document regularly. On behalf of the entire 3ST team, we wish you a healthy, safe, and supported winter season.

****This booklet offers practical tips to help you manage your finances, reduce outgoings, and deal with debt if needed.****

Information has been sourced from reliable organisations and is intended as a general guide — for further advice, please consult Hillingdon Advice Partnership (HAP) or trusted online resources.**

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GOVERNMENT SCHEMES AND PAYMENTS

Cost of Living Support Package



£250-
600

Winter fuel payment

Eligibility criteria

What is it?

The Winter Fuel Payment is a tax-free payment to help people of state pension age with their winter heating costs.

- You must have reached state pension age by the end of the qualifying week (15 – 21 September 2025)
- You must live in England or Wales (or meet residence conditions if living abroad)
- If your taxable income is above £35,000 a year, the payment **may be** clawed back through the tax system.
- Most payments are made automatically, you usually do not need to apply if all eligibility conditions are met.

Extra info

- If you do not get any of the above benefits, or if you live abroad, you may need to make a claim.
- If you've received a Winter Fuel Payment before, you do not need to claim again unless you have deferred your State Pension or moved abroad.
- The deadline for you to make a claim for winter 2025 to 2026 is 31 March 2026.
- If you have not received your Winter Fuel Payment by January 2026, you can make a claim before 31 March 2026. Contact the Winter Fuel Payment helpline on [0800 731 0160](tel:08007310160).





What are they?

Below is a list that covers the main services you may receive free or at a reduced cost, if you are claiming Universal Credit, jobseeker's Allowance or State Pension.



Free prescriptions for people with zero income or those on a low income



Maybe eligible for discounted/capped water bills under your water company's social tariff



Free dental treatment



Eligible concession fares



Free school meals



Some broadband providers offer social tariffs (free or discounted broadband) if you receive certain benefits



Discounted childcare through government schemes



Help with new job costs



Warm Home Discount Scheme of £150 off fuel bills



Free eye tests (dependent on benefit type)



GOVERNMENT SCHEMES AND PAYMENTS

Universal Credit migration



You need to move to Universal Credit if you've received a Migration Notice, as one or more of your benefits will be ending soon.

What is it?

Universal Credit is replacing the following six benefits in the UK:

- Working Tax Credit
- Child Tax Credit
- Income-based Jobseeker's Allowance (JSA)
- Income Support
- Income-related Employment and Support Allowance (ESA)
- Housing Benefit (renting)



When does it start

The rollout started with those households in receipt of Tax Credits from October 16.

Migration Notice letters will be issued from the DWP explaining exactly what people need to do.

What to do

Those who receive the letter will need to make their claim for Universal Credit within three months from the date of their letter. If they don't their tax credits will end. Once the application is made, claimants should receive their first payment after five weeks and will then receive payments twice a month from then onwards.



GOVERNMENT SCHEMES AND PAYMENTS

Universal Credit migration



Extra info

Anyone transitioning over to Universal Credit will have their benefit entitlement protected through "Transitional Protection". This means that people with no change in their circumstances will not have a reduced entitlement at the point when they move over.

Be aware that anyone moving to Universal Credit ahead of receiving their migration notice letter will not be eligible to receive the transitional protection. The majority of people should be moved over by 2024/2025 - except for those who get ESA and do not get Tax Credits, where the deadline has been pushed back to 2028.





GOVERNMENT SCHEMES AND PAYMENTS

Universal Credit migration



Support

Universal Credit Migration Notice helpline

Monday to Friday, 8am to 6pm

Phone: 0800 169 0328

(If you cannot hear or speak on the phone, use their Relay UK service to make a free, text-supported call by dialing 18001 then 0800 169 0328)

0800 phone numbers are free to call from mobiles and landlines.

You can contact an adviser through Hillingdon Advice Partnership

Advisers are available 8am to 6pm, Monday to Friday:

Phone: 02080445676

Website: www.hillingdonadvicepartnership.org.uk



Hillingdon
Advice
Partnership





GOVERNMENT SCHEMES AND PAYMENTS

Jobcentre Plus Travel Discount



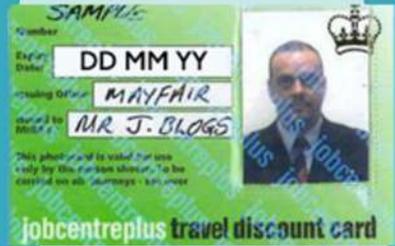
What is it?

If you're unemployed and actively looking for work, you may be able to get discounted travel in London and on some rail services.

Cardholders are entitled to 50% off selected rail tickets and some London public transport fares.

You can ask your local Jobcentre Plus for more information and how to apply. you can visit the following site:
find-your-nearest-jobcentre.dwp.gov.uk/search.php

Your discount card is valid for 3 months.



Eligibility Criteria

The card is available to people who are unemployed and claiming:

- Jobseeker's Allowance or Universal Credit, and
- have been claiming for 3 to 9 months (if aged 18–24), or 3 to 12 months (if 25 or over).

Other claimants may receive a card after 3 months if they're actively working with a Jobcentre Plus adviser to find work.





GOVERNMENT SCHEMES AND PAYMENTS

Broadband when on Benefits or Universal Credit



Broadband for Less

Broadband is now an essential part of life – but if you're on a low income or benefits, you don't have to pay full price. Several broadband providers offer "social tariffs", giving cheaper rates to people on benefits



BT Home Essentials

BT Home Essentials is a low-cost broadband and phone plan for people on certain benefits.

At a discounted price from £16 a month, you can get average speeds of up to 36 Mbps (or 67 Mbps on the higher tier).

Benefits include:

- Free installation (you only pay if extra work is needed)
- No data caps or overage fees
- Guaranteed average speeds or £20 back
- You can keep the plan for its full term even if your benefits stop

Eligibility criteria

To qualify, you'll need to be receiving one of the following benefits:

- Universal Credit (all claimants)
- Income Support
- Jobseeker's Allowance (eligibility rules apply)
- Employment and Support Allowance (eligibility rules apply)
- Pension credit (guarantee credit)

You'll need to provide your National Insurance number when you order, so that they can check if you're eligible.

BT

Benefits

- Free installation – you just need to pay for the delivery of the router
 - No data caps or download limits
- Guaranteed advertised speeds or get £20 back
 - Free BT Smart Hub
- Even if you come off benefits, you will still only pay £15 per month (until your contract term is up)





GOVERNMENT SCHEMES AND PAYMENTS

Broadband when on Benefits or Universal Credit



Virgin Media Essentials

Virgin Media offers Essential Broadband for low-income homes from £12.50 a month.

It's a 30-day rolling contract, so you're not locked in, and gives an average download speed of around 15 Mbps.



Hyperoptic Fair Fibre

If you receive certain benefits, Hyperoptic offers discounted broadband with no long-term contract.

Prices start from £15 a month, depending on your location and package.



NOW Broadband Basics

NOW Broadband provides a social tariff for people on Universal Credit or Pension Credit.

You can get NOW Fab Fibre for around £23 a month, with a small setup fee and average speeds of 36 Mbps.

Optional add-ons include:

- Evening & weekend calls for £4 a month
- Anytime calls for £8 a month (to UK landlines and mobiles)



ALTERNATIVES TO HOME BROADBAND



Use your mobile

If you have a mobile phone contract with unlimited data, or a big data limit, you could use your smartphone to access the internet, rather than taking out a home broadband contract.



Your local library

Not only will your local library have computers you can use with free internet access, they normally have free WiFi, which you can connect to with your own devices.



Free public WiFi spots

Free WiFi hotspots exist all over the country: in cafes, on trains and around shopping centres. You can usually find somewhere to access free internet while you're out and about.

Some cities like London and Manchester provide public, citywide Wi-Fi, which is a great option if you live in the area.

Tether to your phone

You don't have to pay for both a home broadband and phone deal. If your signal is strong enough, you could rely on mobile internet to do everything. You could turn your phone into a portable hotspot then tether your devices to it. You'll have to be careful not to go over your mobile data allowance - look out for cheap SIM only deals with a high data cap.

However, not all mobile phone contracts will allow tethering.



WiFi





What is it?

If you are more than 10 weeks pregnant, or have a child under 4 years old, you may be eligible to receive help to buy healthy food and milk through the Healthy Start scheme

Eligibility Criteria

If you get Universal credit, you can apply online if:

- You're at least 10 weeks pregnant, or you have at least one child under the age of 4
- You are receiving certain qualifying benefits (Income Support; income-based Jobseeker's Allowance; Pension Credit (guarantee credit); income-related Employment & Support Allowance) or you're under 18 and more than 10 weeks pregnant (even if you're not on those benefits)
- If you're receiving Universal Credit (or your partner is), your family's earned income must be £408 or less per month to apply
- If you're receiving Child Tax Credit only (not Universal Credit), your annual income must be £16,190 or less
- If you are not a British citizen but your child is, you may still be eligible if you have a British child under 4, your family earn £408 or less per month (after tax) and you cannot claim public funds under your immigration status

Not a British Citizen?

If you're a non-British citizen with a British child under 4 years old, you may qualify for the Healthy Start scheme if you meet these criteria:

- Have at least one British child under 4
- Family income is £408 or less per month after tax
- Cannot claim 'public funds' due to immigration status

Your biometric residence permit or online immigration status can confirm your eligibility regarding public funds.



GOVERNMENT SCHEMES AND PAYMENTS

Healthy Start



What's involved?

If you're eligible you'll be issued a prepaid Healthy Start card which is topped up every 4 weeks. You can use it in UK shops to buy:

You can also use your card to buy:

- Plain cow's milk (whole, semi-skimmed or skimmed)
- Fresh, frozen or tinned fruit and vegetables (with no added ingredients)
- Fresh, dried and tinned pulses (beans, lentils)
- Infant formula milk based on cow's milk (when required)

You can also use the card (or scheme) to collect free vitamins: women's vitamins during pregnancy and breastfeeding, and vitamin drops for babies and young children.

[If you're under 18 and pregnant you can claim the scheme even if you don't receive benefits.](#)

How to Apply

You'll need:

- Your name, address, date of birth
- National Insurance number
- Baby's due date (if pregnant)
- Benefit award letter (if over 18)

Email: healthy_start@nhsbsa.nhs.uk

Tel: 0300 330 7010

Website: www.healthystart.nhs.uk/





Councils have been given extra money to run discretionary funding schemes. This means councils have a lot of flexibility about how they decide to use the money.

If you're struggling, you should ask your local council for help.



Household Support Fund



This new grant funding to local authorities is intended to support low-income households with the cost of food, utilities and related costs (and essential goods, in exceptional circumstances). To qualify for a grant, you must live in a household with children who are under 19-years-old and attend a school within Hillingdon on a full time basis, and you must be in receipt of at least 1 benefit.

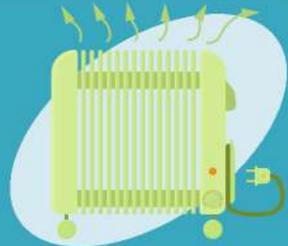
The fund will run until Tuesday 31 March 2026.
Once funds have been exhausted, no further payments will be made.

Heater Loan Scheme

The Heater Loan Scheme runs throughout the winter, offering support to older people when the weather gets colder.

The scheme provides the short-term loan of electric heaters to Hillingdon homeowners aged 65+.

Emergency heater loans are usually available for up to 2 weeks.



Heater Loan Scheme

To request a heater loan, eligible residents can call 01895 556633 (Monday to Friday, 8am to 6pm).

For emergencies during evenings and weekends, call 01895 250111.



Support for council tenants

If you are a Hillingdon council tenant and struggling financially, the welfare reform and tenancy support team may be able to help.

The team can carry out a welfare benefit health check to ensure you are receiving all the benefits you are entitled to.



How can they help?

They can also help you:

- Make a Universal Credit claim
- Apply for council tax reduction
- Apply for a discretionary housing payment (if you're a tenant in rent arrears and/or at risk of eviction)
- With budgeting (and understanding priority and non-priority debts)
- Apply for food bank vouchers.

More help

Where appropriate, the team can also:

- Offer basic debt advice and direct you to specialist debt advice organisations
- Signpost you to employment and training providers.

To get in touch, please email
housingsupportworkerteam@hillington.gov.uk



Street
Link

Help a rough sleeper

If you are concerned about someone sleeping rough, especially in cold weather, and want to ensure that they get the correct help and support, you can use the StreetLink referral system to let the council know.

StreetLink is a website and mobile app that enables members of the public to alert local authorities and street outreach services to people they have seen sleeping rough and ensures help and support can be given quickly.

Visit the website (www.streetlink.org.uk) or download the app





DEBT ADVICE AND BUDGETING CONTACTS



MAYOR OF LONDON

Mayor of London - Hub

If you're in financial difficulty, the Hub contains information about benefits, grants and discounts you can get from the Mayor of London, the government, your local council, charities and advice centres. The information might be relevant for you, or you might want to share it with someone you know.



What's included?

The site includes:

- Help with your income
- Help paying your bills
- Benefits calculator
- If you can't get benefits
- Support near you
- Help with debts
- Help in a crisis
- Help for migrants
- Deaf and disabled people
- Money and mental health

www.london.gov.uk/what-we-do/communities/help-cost-living

Money Helper

Debt Advisers

Debt advisers at Money Helper can:

- give you advice on better ways of managing your money
- check to see if there are any benefits or entitlements you might be able to claim
- tell you about the ways of dealing with debts that are open to you
- get you out of debt faster
- keep everything you tell them confidential.

Free & Confidential Advice

Money helper gives free and confidential advice on:

- Benefits
- Family & Care
- Money troubles
- Savings
- Everyday money
- Homes
- Pensions & retirement
- Work





DEBT ADVICE AND BUDGETING CONTACTS



StepChange
Debt Charity

Step Change Debt Charity

They have more than 25 years' experience providing free, expert debt advice. We're the UK's only full debt support service that gives you complete flexibility.

How They Can Help You

- We provide free, confidential and expert debt advice and money guidance
- We recommend the best solution or service for your circumstances
- We support you while you deal with your money worries, for as long as you need our help
- We also campaign on your behalf to reduce the risk of problem debt and the harm it causes



www.stepchange.org – Tel: 0800 138 1111

DF Debt Free London
Free, expert advice you can trust

Debt Free London

They provide free, impartial advice which is available in person or via phone, WhatsApp and video chat

Get Advice On

- Rent arrears
- Council tax
- Utility bills
- Credit cards
- Loans



www.debtfree.london – Tel: 0800 808 5700



DEBT ADVICE AND BUDGETING CONTACTS



National Debtline Charity

They give free and independent debt advice over the phone and online.

Use their Cost of living hub to find out if you can pay less for your living costs and to learn about any extra help that might be available.

They will never cold call you and will not pass your personal information to other companies.



NATIONAL DEBTLINE

<https://nationaldebtline.org/cost-living-hub-ew/> - Tel: 0808 808 4000

Local Government Association



This hub has been designed to share best practice and help councils to support their residents with the rise in the cost of living. Case studies and resources can be found for each topic by following the below link:

www.local.gov.uk/our-support/safer-and-more-sustainable-communities/cost-living-hub

Mental Health & Money Advice

Mental Health & Money Advice

The Mental Health and Money Toolkit is a resource to help you understand, manage and improve your mental and financial health.

Get Advice On

You can use it to help guide conversations with your relevant healthcare worker about your mental health and money. You can also take it with you to any money or debt advice appointments you might attend.

www.mhma.org.uk/toolkit



DEBT ADVICE AND BUDGETING CONTACTS



Hillingdon Advice Partnership

Hillingdon Advice Partnership is commissioned by Hillingdon Council to provide an Information, Advice, Guidance and Wellbeing Support Service.



Hillingdon Advice Partnership (HAP) offers a single point of access for residents and users in Hillingdon, providing general and tailored information, advice, guidance, and wellbeing support to local people. The Service offers support to all adults aged over 18, including those with a physical disability, learning disability, diagnosis of autism or ADHD, mental health needs including dementia, as well as adults seeking advice and information.



nucleus

Hillingdon Advice Partnership is formed of four local Charities – Age UK Hillingdon, Harrow and Brent, Nucleus Legal Advice, Bell Farm and Disability Advice and Support Hillingdon (DASH). Referrals to the service can be made by individuals, family members, friends, carers, and professionals.

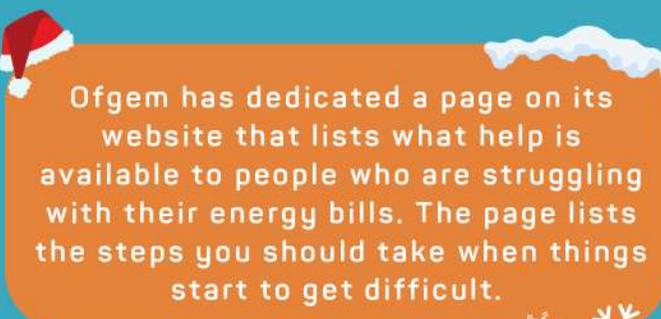


To self-refer or make a referral on behalf of someone else, please fill out the form by clicking on the button below, or you can call us on 020 8044 5676 (9am – 5pm Mon to Fri excluding bank holidays). The service can be delivered via phone, email or face to face based upon assessed need.





HOUSEHOLD BILLS AND APPLIANCES



Ofgem has dedicated a page on its website that lists what help is available to people who are struggling with their energy bills. The page lists the steps you should take when things start to get difficult.



Arrange a Payment Plan

Ofgem states that if you are worried about paying your energy bills, then you should first approach your energy provider and arrange a "payment plan".

When sorting out a payment plan, you can ask for a review of your payments and debt repayments, payment break reductions, and more time to pay.



Ofgem Website for Energy Advice

<https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-your-energy-bills>



Other Help Available

- Request access to hardship funds
- Advice on how to use less energy
- Priority Service registration (a free support service if you are in a vulnerable situation)





HOUSEHOLD BILLS AND APPLIANCES



Grants

These Grants can help make your home more energy efficient. Ofgem state that you don't have to be a customer of a specific energy firm to benefit from these schemes.

Go to the energy suppliers' websites for more information on how to apply.



Bulb Energy Fund



OVO Energy Fund



E.ON Energy Fund



E.ON Next Energy Fund



Octopus 'Octo Assist Fund'



EDF Energy Customer Support Fund



Scottish Power Hardship Fund



British Gas Energy Support Fund

*If you can't get a grant from your supplier, you might be able to get a grant from the British Gas Energy Trust.
(Tel: 0121 321 1324 or email admin@britishgasenergytrust.org.uk)

These grants are available to anyone - you don't have to be a British Gas customer. You'll need to get debt advice before applying*





HOUSEHOLD BILLS AND APPLIANCES



Electricity costs

New data from British Gas shows that 23% of our energy usage comes from 'vampire devices' – these are gadgets that use up a significant amount of energy while they're on standby.

The average annual electricity bill is around £474, and £110 of this could be saved by switching off devices like TVs, computers and games consoles at the plug.



Bathroom costs

The cost of running a shower for five minutes from October will be between 30.3p and 45.5p

A heated towel rail per hour will cost between 13p to 26p

Five minutes of hair dryer use will cost 8.67p



Living room costs

The cost of an LCD TV costs 13p to 26p for two hours of use

A computer or laptop will set you back between 1.04p to 3.38p per hour

An overhead light will set you back between 2.08p and 5.2p per hour

An electric heater will cost you £1.30 per hour





HOUSEHOLD BILLS AND APPLIANCES



Electricity costs



Bedroom costs

Using a bedside light for an hour will cost you 3.12p

While an electric blanket will cost you between 6.7p and 10.4p an hour



Electricals costs

The team at Go Compare found the cost of running a Hoover for an hour from October will be 52p

Ironing for an hour will cost 72.8p



Kitchen costs

- To use a dishwasher for an hour will cost from 54.6p to 78p when now it's between 29.4p and 42p.
- To boil a kettle of water for three minutes will set you back 7.80p when now it's 4.2p.
- To use an oven for an hour will cost between £1.04 to £1.14 but now its 56p and 61.6p.
- A washing machine will cost 62.4p to 67.6p per hour when now it's 33.6p to 36.4p.
- On top of that, a microwave will cost you 5.2p to 13p for every 10 minutes of usage but now the same amount of usage costs between 2.8p to 7p.
- A tumble dryer will set you back £1.04 to £1.56 for each hour of use and now it's 56p to 84p.
- Finally, a toaster will cost you 20.8p to 39p for 30 minutes of use but now costs between 11.2p to 21p.



HOUSEHOLD BILLS AND APPLIANCES

Budgeting tips



With the average energy bills consistently rising, many households have been making changes in a bid to cut costs.

Consider buying a slow cooker or air fryer

Buying an air fryer or a slow cooker can be more economic as an alternative to using the oven. These appliances have become more popular due to their energy efficiency - but how much money will they actually save compared to more conventional cooking methods?



Slow cooker

A slow cooker will use about the same amount of energy as a lightbulb even if you leave it on all day, helping to cut energy costs compared to an oven or hob. On average, slow cookers use around 1.2kW over the course of eight hours, working out at just 5p per hour.

VS



Air fryer

Air fryers, meanwhile, are more energy-efficient than most ovens due to the fact that they cook food much faster. The average air fryer wattage is 1kW, so using it for ten minutes would cost around 5p - working out at 30p per hour.

Microwave



While microwaves may not be as versatile as other cooking methods, they do have their uses for the likes of reheating and defrosting food. They also work out cheaper per hour than air fryers - an average 700w microwave will cost about 1.98p when used for five minutes, or 23.8p over the course of an hour.





HOUSEHOLD BILLS AND APPLIANCES

Budgeting tips



Switch to a water meter



Switch to a water meter if you are a low water user.

It is easy to forget about your water bill as it is not possible to switch suppliers. However, many people could save money by switching to a water meter; it's been calculated that moving to a meter saves the average user £100 a year.



BEWARE



Some heavy users of water will pay more if they use a meter, so you should always check out the Consumer Council For Water calculator to see whether it is worth you switching.

www.ccw.org.uk/save-money-and-water/water-meter-calculator/

Mobile phone contracts

Everyone's mobile phone usage is different, so matching your contract with the way you use your phone will help to ensure that you do not overpay.

Website Billmonitor can analyse your online bills to suggest the best tariff for you.

www.billmonitor.com/consumer



For more help with budget planning, visit page 15 for different organisations that can help with this.



Subscriptions



If you're looking to save extra, a common recommendation is to review and cancel some of your subscriptions if they're becoming expensive or you don't use them regularly.

REDUCED AND FREE MEALS

£1 cafe meal deal for over 60s

Asda has announced a range of new 'winter warmer' initiatives to support customers and community groups struggling with the cost living.

The supermarket is offering those aged 60 and over the chance to enjoy soup, a roll and unlimited teas and coffees for just £1 in any of its 205 cafes all day and every day until end of February 2025. The initiative will run alongside the current 'Kids eat for £1' offer which continues to be hugely popular, with more than 557,000 meals served since the launch in late June.

ASDA



**Morrisons**

Club 60

Those eligible can enjoy a Small Breakfast any time of the day, including a sausage, bacon, fried egg, hash brown, Heinz Baked Beans, toast and butter and any refillable hot drink for just £6 (saving 'Club 60' customers up to £2.50).

Over-sixties can also enjoy a £10 Afternoon Meal Deal featuring fish & chips, bread with butter, any slice of cake and hot drink, available from 12pm onwards every day (saving them up to £3.25)





TAKING CARE OF YOU

The importance of self-care



Self-care is about looking after your own health and making the right choices about where to go for help and advice when you need it.

Talk to your pharmacist

Many common illnesses and injuries can be treated at home – talk to your pharmacist about remedies and advice on what to do.



Medical cabinet

Keep a well-stocked medical cabinet. This could include: pain killers, anti-diarrhoeal medicine, rehydration mixture, indigestion remedies, cold and flu remedies, first aid kit with bandages, plasters, antiseptic wipes and cream, eyewash, medical tape, sterile dressing and thermometer.

Find more advice about what to keep in your medicine cabinet on the NHS website.

Vitamin D

Shorter days, darker nights and more time indoors can make us feel low. The lack of sunlight also means that many of us aren't getting the right amount of Vitamin D, which can also contribute to low mood. It's recommended that we all consider taking a 10 microgram Vitamin D supplement in autumn and winter. This is even more important if you don't go outside very much or if you cover most of your skin.

Allergies

There are plenty of indoor allergens that can trigger sneezing, watery eyes, and runny noses in the winter – including pets, cockroach droppings, dust mites, and mould. Additionally, you may be more likely to be exposed to season-specific allergens, like fireplaces, pine trees and wreaths.

Some things you can do to lessen the number of winter allergens you're around on a day-to-day basis include using a humidifier to reduce dryness in your home or office, vacuuming dust regularly, and bathing pets often to minimise dander.





TAKING CARE OF YOU

Vaccinations

What are they ?

Vaccines teach your immune system how to create antibodies to protect you from disease.

They don't overload or weaken the immune system: it's safe to give several vaccines at once.

By vaccinating yourself and your child, you also help protect others who can't be vaccinated (e.g., very young babies or people with weakened immune systems) – the principle of “herd immunity”

Diseases that used to be common (e.g., polio, tetanus) are now rare thanks to vaccination programmes.

How vaccines work

A vaccine contains a small amount of weakened or destroyed virus/bacteria, or a chemical that mimics it. This lets your immune system learn how to fight the disease, safely.

All vaccines undergo many years of testing before being approved for use; once in use they are continuously monitored by regulators (e.g., Medicines and Healthcare products Regulatory Agency (MHRA).

Common side-effects are mild (e.g., a sore arm, mild fever, headache). Serious allergic reactions are rare; those giving the vaccine are trained to respond.

Who should have them?

The NHS vaccination schedule protects people throughout life – from babies to older adults and pregnant women.

- Babies receive the 6-in-1 vaccine at 8, 12 and 16 weeks.
- Pre-school children get a 4-in-1 booster around age 3 years 4 months.
- Teenagers are offered the HPV vaccine at ages 12–13.
- Adults and older people are eligible for the flu vaccine and other boosters if at higher risk.
- Pregnant women are offered vaccines such as the whooping cough jab to protect both mother and baby.



TAKING CARE OF YOU

Vaccinations



Flu Jab

You can get the free NHS flu jab if you're over 50 or have certain long-term conditions, such as heart disease. The flu jab is even more important this winter, with coronavirus still circulating, as it will help you avoid getting both illnesses at once.



Where can you get it?

You can have the NHS flu vaccine at:

- Your GP surgery
- [Book a free NHS flu vaccination appointment at a pharmacy online](#) or in the [NHS App](#) (if you're aged 18 or over)
- Some maternity services if you're pregnant



Eligibility Criteria

The flu vaccine is given free on the NHS to groups for autumn/winter 2025:

- 2-3 years old children
- Primary and secondary school aged children
- All children in clinical risk groups 6 months to 18 years old
- Adults aged 65 and over
- Adults with health conditions such as, immunosuppressed or have breathing, heart and other conditions.
- Are pregnant
- Residents of care homes
- Main Carers
- Those who are in close contact with immunosuppressed individuals
- Health & Social Care staff on the frontline



COVID-19 vaccine

Autumn/Winter 2025 COVID-19 Vaccinations

Free NHS COVID-19 vaccines are available from 1 October 2025 to 31 January 2026 for:

- Care home residents (older adults)
- Adults aged 75 years and over
- Aged 6 months and over, who are immunosuppressed

If eligible, it's recommended you receive two doses per year—one every six months—for best protection.

Note: During pregnancy, you are only eligible if you are immunosuppressed.





WHEN TO SEEK MEDICAL HELP

Breaking down the services



Visiting the GP

If your GP surgery believes you need urgent treatment, a GP (not always your regular GP) will do their best to see you as soon as possible.



Calling 111

It is a free call from your mobile or landline and it's a 24 hour service, open 365 days a year.

Call NHS 111 if:

- You think you need to go to A&E or need another NHS urgent care service
- You don't know who to call or you don't have a GP to call
- You need health information or advice about what to do next
- You have an emergency or crisis about your mental health.



Urgent Care Centre

The Urgent Care Centre (UCC) provides a walk-in service for patients attending the Accident & Emergency (A&E) department with non-life threatening minor illnesses and injuries that require immediate attention.

The Urgent Care Centre is open for you 24 hours a day 365 days a year.

GP services

GPs have access to your medical records giving them a better picture of your ongoing needs.

They also provide diagnosis, treatment and care for long-term conditions such as asthma, diabetes and heart disease as well as:

- Medical tests and prescriptions
- Referrals to hospital specialists and community-based services (e.g. mental health, podiatry, physiotherapy, district nursing, rapid response, social and voluntary care)
- GPs will also give priority to children

Minor Injuries Unit

Minor injuries might include: cuts, grazes and bruising, minor burns, animal bites and simple broken bones.

This service is not a 'walk-in' clinic; patients are triaged and appointments, if required, are booked via NHS 111 online or by calling 111. If you have a minor injury, please contact NHS 111.

Please note the MIU does not treat children under the age of 4.





WHEN TO SEEK MEDICAL HELP

Emergency and Out of hours services



999 - when it's a genuine emergency

ALWAYS CALL 999 IF SOMEONE IS SERIOUSLY ILL OR INJURED, AND THEIR LIFE IS AT RISK.

Examples of medical emergencies include (but are not limited to):

- Chest pain
- Difficulty when breathing
- Unconsciousness
- Heavy bleeding
- Choking
- Having fits or blackouts
- Broken bones

Once you are connected to a 999 operator, you will be asked some questions to find out what is wrong. Patients will always be taken to hospital when there is a medical need for this. However, ambulance staff now carry out more diagnostic tests and do basic procedures at the scene.

WHEN MEDICAL ATTENTION IS NEEDED BUT YOUR LOCAL GP SURGERY IS CLOSED:

GP out of hours

Call your GP practice and follow the instructions to get in touch with your GP's out of hours service.

Local pharmacy

Your local pharmacy can offer advice and treatment for common problems such as coughs, colds, aches and pains, as well as healthy eating and stopping smoking.

NHS 111

Call NHS 111 free from a landline or mobile phone, 24 hours a day, 365 days a year.

Urgent Care Centre

The UCC is located at the entrance of the Hillingdon Hospital A&E department. Open: 24 hours a day, 7 days a week. Call: 01895 279939.

Minor Injuries Unit

Open: 9am to 8pm, 7 days a week (Closed Christmas Day).
Call: 01923 844201.



Pharmacy First - Get Help from Your Local Pharmacist!

You can visit participating pharmacies for expert advice and treatment without needing a GP appointment for certain common conditions

Pharmacists can assess and treat

- Earache (Acute Otitis Media)
- Impetigo
- Infected Insect Bites
- Shingles
- Sinusitis
- Sore Throat
- Urinary Tract Infections (UTIs)

How it works

Your GP practice or pharmacy will check if you're eligible.

You'll be assessed and treated directly at the pharmacy – often much faster than waiting for a GP appointment.

If needed, the pharmacist can supply medicines to help you recover.

Remember

- Before you visit: ring the pharmacy to check if they are participating in the Pharmacy First scheme.
- Be aware of age-/condition-eligibility. If you or the condition falls outside those criteria, you may still need to see a GP.
- If your symptoms are severe, worsening, or not one of the listed conditions, it's best to see a GP or use an urgent service.
- Use your pharmacy for general advice on medicines, side-effects, and over-the-counter treatments too.
- Even if you use Pharmacy First, your GP record should show what happened, so your care remains connected.

Why choose Pharmacy First?

- ✓ Fast access to treatment
- ✓ No need to wait for a GP appointment
- ✓ Expert healthcare advice close to home

Use the NHS Service Finder to locate a pharmacy offering the Pharmacy First service near you.





LOCAL SUPPORT

Hillingdon Services



HILLINGDON
LONDON

The Care and Support Directory Hillingdon is a website where residents can obtain information and advice about health and social care.

You can use this website to search for different services, providers and events around Hillingdon by going to the web address below:

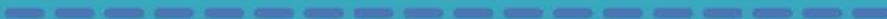
www.careandsupport.hillingdon.gov.uk



If you need help because of the cold weather please contact Hillingdon Council Adult Social Care

Anyone can have an assessment for social services support. (People with over £23,250 savings are classed as self-funders and will be directed to another service)

Tel: 01895 556 633



healthwatch
Hillingdon

Healthwatch Hillingdon monitor the borough's health and social care services you use. They can also tell you how to obtain information that will help you make choices about health and care services.

Whether you would like to share your feedback about health and care services, or you are looking for local support - you can get in touch.

You can contact Healthwatch Hillingdon on

Tel: 01895 272 997 Monday to Friday 9am-5pm

Email at: office@healthwatchhillington.org.uk





LOCAL SUPPORT

Hillingdon Services



Hillingdon Advice Partnership

The Hillingdon Advice Partnership (HAP) offers a single point of access for all adults (18+) in the London Borough of Hillingdon who need independent, confidential support. Whether it's information and advice about welfare benefits, housing rights, disability support, finances and debt, or health and wellbeing – HAP's friendly specialist advisers are here to assist via phone, email or face-to-face.



You can self-refer or make a referral for someone else by calling 020 8044 5676 (Mon-Fri, 9am-5pm) or completing the quick contact form on their website.

Commissioned by Hillingdon Council and delivered by a partnership of local charities, HAP is committed to helping local people access the support they're entitled to and improve their wellbeing



The Confederation, Hillingdon Community Interest Company (CIC) are formed from 43 GP practices in Hillingdon, delivering services at scale on behalf of the member practices. They aim to make General Practice in Hillingdon sustainable through collaboration, support and development of the primary care workforce, implement and deliver support services allowing General Practice to work at scale whilst providing efficient and effective patient care.

Find out more about who they are, what they do and their services in more detail on the website: www.theconfederationhillingdon.org.uk





LOCAL SUPPORT Charities



MyHealth is a patient education and empowerment programme offering Hillingdon residents and patients FREE long term condition workshops all facilitated in a group setting by a health professional.

Our current workshops include:



- Diabetes Type 2
- Pre Diabetes
- Menopause
- Hypertension & Cholesterol
- COPD
- Childhood Asthma



You can book your FREE place by contacting the team below

Tel: 01895 543 437

Email: nhsnw1.myhealth@nhs.net

Web: www.myhealthillingdon.co.uk



H4All CIO is a Charitable Incorporated Organisation (CIO) made up of five prominent charities: Age UK Hillingdon Harrow and Brent, DASH, Carers Trust Hillingdon, Harlington Hospice and Hillingdon Mind.

H4All Services include the following:

Community Development

Bringing together the energy, knowledge, and resources from across the voluntary sector to develop strong local support systems for Hillingdon residents.

Volunteer Hub

A single access point for finding volunteer opportunities within the 5 charity partners and beyond.

Tel: 01895 543 434

Email: info@h4all.org.uk

Web: www.h4all.org.uk/





LOCAL SUPPORT Charities



Harlington Hospice is a community hospice working throughout the London Borough of Hillingdon. They provide services for people at the end of their lives and support families with bereavement and loss.

Tel: 020 8759 0453

Email: enquiries@harlingtonhospice.org

Web: www.harlingtonhospice.org



Hillingdon Mind provide a range of support, advice and information for people suffering with mental health issues within the London borough of Hillingdon. They aim to promote and protect good mental health for all.

Tel: 01895 271 559

Email: mind@hillingdonmind.org.uk

Web: www.mindinhillingdon.org.uk



Hillingdon

Carers Trust Hillingdon offer support and guidance to carers of all ages throughout the London Borough of Hillingdon. They aim to provide the information, advice, training and support you need when you become a carer.

Tel: 01895 811206

Email: office@hillingdoncarers.org.uk

Web: <https://carerstrusthillingdon.org>



Age UK Hillingdon, Harrow and Brent Provides a wide range of services that make later life better. They are well established in the Borough and have worked with and for older people for over 25 years.

Tel: 020 8756 3040

Email: enquiries@ageukhnb.org.uk

Web: www.ageuk.org.uk/hillingdonharrowandbrent



Disablement Association Hillingdon provide advice, support and activities that allow disabled people to take control of their lives and become more independent, confident and part of the community.

Tel: 020 8848 8319

Email: info@dash.org.uk

Web: www.dash.org.uk



TIPS FOR YOUR MENTAL WELLBEING



NHS Top Tips

We all need good mental health and wellbeing – it's essential to living happy and healthy lives. Here are 7 areas of life where simple changes can make a big difference. Why not start today?

Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.

Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.

Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing. This can be online, by phone or seeing someone in person.

Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Also, binning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood.

Do something for yourself

From enjoying your favourite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy.

Write a letter to future you

When you're feeling good, think about what you would want to tell your future self if things get harder and you find you need more support. Reminding yourself of what's keeping you feeling positive right now can help you through those more difficult times in the future.



S.A.D - WHAT IS IT?

Seasonal Affective Disorder



What is it?

Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern.

SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter.

Some people with SAD may have symptoms during the summer and feel better during the winter.



Symptoms

- A persistent low mood
- A loss of pleasure or interest in normal everyday activities
- Irritability
- Feelings of despair, guilt and worthlessness
- Feeling lethargic (lacking in energy) and sleepy during the day
- Sleeping for longer than normal and finding it hard to get up in the morning
- Craving carbohydrates and gaining weight
- Difficulty concentrating
- Decreased sex drive

For some people, these symptoms can be severe and have a significant impact on their day-to-day activities.



Find out more at: [www.nhs.uk/mental-](http://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview)

[health/conditions/seasonal-affective-disorder-sad/overview](http://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview)





MENTAL HEALTH SERVICES AND SUPPORT LINES



CNWL Talking Therapies Service (IAPT)

Who are they?

Hillingdon Talking Therapies is a free, confidential NHS service which provides psychological treatment for depression and anxiety disorders.

Talking Therapies and counselling services are suitable for people with problems which have arisen fairly recently.

Feelings of low mood, anxiety, particular fears or problems coping with daily life and relationships, are all suitable for brief, focussed talking therapies.

People seeking help with difficulties other than depression or anxiety, or whose difficulties require more specialist or intensive treatment which cannot be provided in a primary care setting, can be directed to the appropriate specialist or secondary care mental health services.



Contact details

Tel: 01895 206800

Email: cnwl.hillingdontalkingtherapies@nhs.net

Web: www.talkingtherapies.cnwl.nhs.uk



Crisis lines

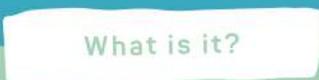
Out of hours Urgent
Advice Line:
0800 0234 650

Hillingdon Samaritans:
116 123





MINDFULNESS



What is it?

Mindfulness involves paying attention to what is going on inside and outside ourselves, moment by moment.

It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living "in our heads" - caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour.

An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means paying attention to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs.

Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment.

Read more on: <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>



Mindfulness Apps



Headspace provides guided lessons on mindfulness, sleep, and simply remembering to breathe, it's the everyday app for feeling better.



headspace



Calm

The #1 app for Sleep, Meditation and Relaxation. Meditate, sleep, music, body, masterclass, scenes



SAVING ON THE FOOD SHOPPING

Tips for cheap and long-lasting shops



Making good use of food you've bought and reducing food waste is a great way to save money.

1. Bulk buying

Bulk buying is the act of purchasing items in large quantities. It can be a great way to save money, but it can also lead us to falling into a trap of buying things we don't need, just because it's great value for money!



2. Own brands

Supermarkets sometimes produce their own version of popular items, such as tomato ketchup. These own brand items are typically much cheaper than named brands.

A 460g bottle of named brand ketchup is £2.80, compared to the same size own brand ketchup at 55p.



3. Batch cooking

Where you cook a week or a month's worth of food in one day and place the rest in the fridge or freezer so you can use it later.

You are able to save money as you will have all meals for the week ready so you won't have to buy lunch or dinner for the night.

4. Grow your own

Growing your own fruit and veg can be a fun family activity and a great way to reduce costs on your shopping bill. You are able to see and know exactly what goes onto your fresh produce, unlike the produce in stores where you don't know what pesticides they are being sprayed with.





SAVING ON THE FOOD SHOPPING

Tips for cheap and long-lasting shops



5. Organise fridge

Make sure that your fridge is organised so you can open it up and clearly see what you have before it goes bad.



6. Make use of freezer

Your freezer is your best friend when it comes to saving money as you can freeze leftovers and keep them for longer.



7. Reduced items

Try shopping early or late for the reduced use-by yellow label stickers, which you can freeze safely straight away. (Supermarkets are beginning to phase out best before/use-by dates).



8. Too good to go

Check the Too Good to Go App. There are often bargains to be had toward's the end of the day, although some aren't the healthiest options and you must be able to collect your order.



9. Get a loyalty card

Many supermarkets offer a loyalty card. You gain points by spending money at the supermarket. You can then redeem these points at the tills.

Some supermarkets have apps, the app will display the deals of the week and which food items you can get discounted by using your rewards card.

Make sure you check the app before you go shopping.





LOCAL FOOD BANKS



What are they?

Food banks are community-run charitable organisations that help provide emergency food to those who can't afford to buy their own.



Who can access them?

Only those with a food voucher can receive a food parcel. To be referred for a food voucher, you can ask your doctor, social worker, health professional or Hillingdon Advice Partnership.

Food banks in Hillingdon



Hillingdon Foodbank main centre

01895252224/07859 710747

Opening times

Mon	10:00 - 13:00
Tue	10:00 - 13:00
Wed	10:00 - 13:00
Thu	10:00 - 13:00
Fri	10:00 - 13:00
Sat	Closed
Sun	Closed

Northwood - Emmanuel Church

01895 252 224/ 07859 710747

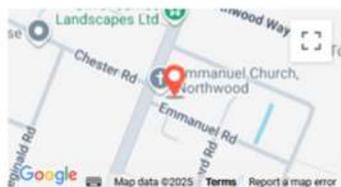
Opening times

Mon	Closed
Tue	Closed
Wed	Closed
Thu	Closed
Fri	11:00 - 12:00
Sat	Closed
Sun	Closed

Address

Emmanuel Church
High Street
Northwood
HA6 1AS

Directions via Google Maps



Continued next page





LOCAL FOOD BANKS

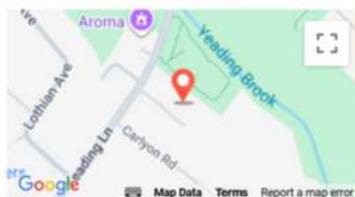


Hayes - St. Edmund

01895 252 224 / 07859 710747

Opening times	Address
Mon Closed	St Edmund's Church
Tue Closed	Edmunds Close
Wed Closed	Hayes
Thu Closed	UB4 0HA
Fri Closed	
Sat 10:00 - 12:00	
Sun Closed	

[Directions via Google Maps](#)

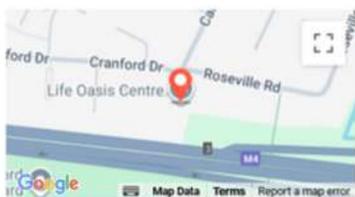


Hayes - Life Oasis

01895 252 224/07859 710747

Opening times	Address
Mon Closed	Life Oasis Centre
Tue Closed	59 Carfax Road
Wed Closed	Hayes
Thu Closed	UB3 4RD
Fri Closed	
Sat Closed	
Sun 12:30 - 13:30	

[Directions via Google Maps](#)

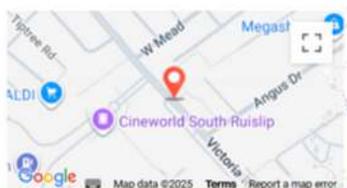


South Ruislip - St. Gregory The Great Catholic Church

01895252224 / 07859 710747

Opening times	Address
Mon Closed	St. Gregory the
Tue Closed	Great Catholic
Wed Closed	Church South Ruislip
Thu Closed	447, Victoria Road
Fri Closed	South Ruislip
Sat 12:00 - 14:00	HA4 0EG
Sun Closed	

[Directions via Google Maps](#)
[View local transport](#)



Uxbridge - St. Margaret's Church

01895 252 224 / 07859 710747

Opening times	Address
Mon Closed	St Margaret's
Tue Closed	Church
Wed Closed	Windsor Street
Thu Closed	Uxbridge
Fri 11:00 - 13:00	UB8 1AB
Sat Closed	
Sun Closed	

[Directions via Google Maps](#)





LOCAL FOOD BANKS



Address and opening times



Hillingdon Foodbank Main Centre

30 Oxford Rd
Denham
Uxbridge
UB9 4DQ

MON - 10:00 - 13:00
TUE - 10:00 - 13:00
WED - 10:00 - 13:00
THU - 10:00 - 13:00
FRI - 10:00 - 13:00



Uxbridge - St. Margaret's Church Centre

St. Margaret's Church
Windsor Street
Uxbridge
UB8 1AB

FRIDAY
11:00AM - 13:00PM

Hayes - Life Oasis

Life Oasis
Centre
59 Carfax Road
Hayes
UB3 4RD

SUNDAY
12:30PM - 13:30PM

Northwood - Emmanuel Church Centre

Emmanuel Church
High Street
Northwood
HA6 1AS

FRIDAY
11:00AM - 13:00PM



Hayes - St. Edmund Centre

St Edmund's Church
Edmunds Close
Hayes
UB4 0HA

SATURDAY
10:00AM - 12:00PM

South Ruislip - St. Gregory The Great Catholic Church Centre

St Gregory the Great
Catholic Church
447 Victoria Road
South Ruislip
HA4 0EG

SATURDAY
12:00PM - 14:00PM



LOCAL FOOD BANKS

Foodbank vouchers



Hillingdon Foodbank

To receive help from Hillingdon Foodbank, you'll need a referral voucher. You can get one through the normal referral channels by contacting Hillingdon Advice Partnership, your GP, or another local support agency.

Once issued, the voucher can be redeemed at a Hillingdon Foodbank centre for a parcel of emergency food and support.



You can contact the London Borough of Hillingdon at 0203 949 5786 or Help Through Hardship 08082 082138.



Limitations

The Foodbank has a limit of three vouchers per household in six months but will allow the issuing of further vouchers if you're in severe financial need.





LOCAL FOOD BANKS

Foodbank parcels



What does a foodbank parcel include?

A typical food parcel includes:

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes/ pasta sauce
- Lentils, beans and pulses
- Tinned meat

Food items

- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice



Food banks will also provide essential non-food items like toiletries and hygiene products where they can.

Non-food items

- Toiletries – deodorant, toilet paper, shower gel, shaving gel, shampoo, soap, toothbrushes, toothpaste, hand wipes
- Household items – laundry liquid detergent, laundry powder, washing up liquid
- Feminine products – sanitary towels and tampons
- Baby supplies – nappies, baby wipes and baby food
- Face masks and hand sanitiser

Donations

If you're able to, please donate to your local foodbank.

You can check with them to see what items they are most in need of and drop them off at the foodbank.



WARM WELCOME CENTRES 2025 HILLINGDON



The purpose of the 2025/2026 Warm Welcome Centres is to provide residents with a positive and relevant activity throughout the winter months. Our goal is help improve health and wellbeing through these centres while providing relevant health information where needed.

Activities at the centres include:

- Strength and balance classes
- Parent toddler groups
- Health speakers
- Knit and Natter groups
- Family games

Each warm welcome centre will provide various activities through the winter months as well as offering tea, coffee & free WiFi

Mondays

Activities and Refreshments for Vulnerable Adults and Elderly People	St Margaret's, Uxbridge	11am to 1pm
Crane Winter Welcome	Crane Youth and Community Centre	1.30pm to 3.30pm
Board Game Social	West Drayton Library	3pm to 4.30pm
Board Game Social	Oak Farm Library	5pm to 6.30pm
Chess Group	Yeading Library	5pm to 6.45pm
Short Reads Reading Group	Yeading Library	Second Monday of the month, 6pm to 6.45pm

Tuesdays

Warm Welcome Centres

Activities, Games, Chat and Refreshments	Charville Community Centre	9am to midday
Focused on Football	Northwood Library (Kate Fassnidge Community Hall)	11am to midday
Activities and Refreshments for Vulnerable Adults and Elderly People	St Margaret's, Uxbridge	11am to 1pm
Pensioners Group	Barnhill Community Centre	1pm to 3pm
Crossword	Manor Farm Library	2pm to 4pm
Knit and Natter	Harefield Library	2pm to 4pm

Wednesdays

Coffee Morning	Hayes Muslim Centre	10am to midday
Coffee Morning with Guest Speaker	Yeading Library	second Wednesday of each month, 11am to midday
		<ul style="list-style-type: none">• 10 December with Yeading Infants School Choir.• 14 January with Paul Davison from Hillingdon Archives, talking about local history.• 11 February with P3 Charity, talking about challenges faced by young people in our community.
Activities and Refreshments for Vulnerable Adults and Elderly People	St Margaret's, Uxbridge	11am to 1pm
Coffee Morning with The Confederation Hillingdon	Ruislip Manor Library	10 December, 14 January and 11 February, 11am to 1pm
Welcome Wednesday	Hayes End Methodist Church	11.15am to 1.45pm



Thursday

Warm Welcome Centres

Activities, Games, Chat and Refreshments	Charville Community Centre	9am to midday
Adult Board Games	Yeading Library	10.30am to midday
Coffee Morning and Activities	Uxbridge Centre	10.30am to 2pm
Community Coffee Morning	Northwood Library (Kate Fassnidge Community Hall)	First Thursday of each month, 11am to midday
Activities and Refreshments for Vulnerable Adults and Elderly People	St Margaret's, Uxbridge	11am to 1pm
Get Creative	Ruislip Manor Library	2pm to 3.45pm



Friday

Oak Farm Coffee Morning	Oak Farm Library	Alternate Fridays from 14 November to 20 March, 10.30am to midday
Memory Café	St Paul's Ruislip	11am to 12.45pm. Followed by an exercise class, 1pm to 1.45pm
Board Game Social	Oak Farm Library	1pm to 2.30pm
Read Aloud	West Drayton Library	2pm to 3pm
Knit and Natter	West Drayton Library	2pm to 3.15pm
Craft Group	Manor Farm Library	2pm to 4pm
Get Moving – Exercises for the Over-50s	Uxbridge Centre	10.30am to 11.30am

