

HOW TO BECOME A HCC MEMBER

- Visit our website www.hcommunitiesclick.timebanking.org and follow instructions on 'Join here' tab.
- We will call you to arrange an appointment to go through the application and get you properly set up on the network.
- We will supply you with all the tools to make your time on the network rewarding and enjoyable.

If you would like to find out more before joining as a member, come along to our coffee morning and meet current members.

HARROW COMMUNITIES CLICK CONTACT DETAILS

Telephone: 020 8861 9191/020 8861 7988

Email: hcc@ageukharrow.org.uk

Website: www.hcommunitiesclick.timebanking.org



HCC Team and Volunteers



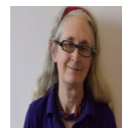
Rhona Denness— HCC Project Co-ordinator



Seetal Tank— HCC Community Engagement Officer



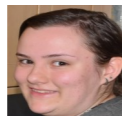
Vanita Branton—Outreach Volunteer



Elaine Spencer—Volunteer and leader of Walking Group



Christine Heels — Volunteer and group organiser for Knit and Natter



Courtney Williams—Volunteer for Mind in Harrow on the HCC Network and HCC member



Vishal Shah - Volunteer and lead of the Meditation Classes



Yogarani Sivaloganathan —Volunteer lead on Jewellery Making Workshop

Others include: Roopa Parmar—Harrow Carers

Olu Ipinmoroti—Third Sector Potential CiC

Angele Philogene—Harrow Mencap

Veena Banerji— Third Sector Potential CiC

Katherine Harrison— Lead on English Conversation Group

HARROW COMMUNITIES CLICK NEWS

Edition 2

ARE YOU A MEMBER OF HARROW COMMUNITIES CLICK?

IF NOT, WHY NOT?

READ OUR NEWSLETTER TO FIND OUT ABOUT THE GREAT THINGS

OUR MEMBERS ARE DOING IN YOUR COMMUNITY

AND HOW TO JOIN THE NETWORK AND TAKE PART IN IT

FREE GROUP EVENTS (pre-booking is essential)

Group	Date	Time	Venue
Meditation Group Pt 1 of 4 	8-10-2015	11.15-1pm	Age UK Harrow, Third Floor, Premier House, 1 Canning Road, Wealdstone, HA3 7TS
Jewellery Making Workshop 	8-10-2015	2pm—4pm	Age UK Harrow, Third Floor, Premier House, 1 Canning Road, Wealdstone, HA3 7TS
HCC Coffee Morning 	15-10-2015	10.30-12.30pm	Age UK Harrow, Third Floor, Premier House, 1 Canning Road, Wealdstone, HA3 7TS
Meditation Group Pt 2 of 4 	16-10-2015	11.15-1pm	Age UK Harrow, Third Floor, Premier House, 1 Canning Road, Wealdstone, HA3 7TS
HCC Database Training 	22-10-2015	10-12pm	Age UK Harrow, Third Floor, Premier House, 1 Canning Road, Wealdstone, HA3 7TS
HCC Exercise Class 	27-10-2015	2pm—3pm	Harrow Leisure Centre, Target Gym, Christchurch Avenue, Harrow, HA3 5BD
HCC Knit and Natter 	27-10-2015	2pm-4pm	Age UK Harrow, Third Floor, Premier House, 1 Canning Road, Wealdstone, HA3 7TS

To join either visit our website or contact us on:

Telephone: 020 8861 9191 or 020 8861 7988

Email: hcc@ageukharrow.org.uk

Website: www.hcommunitiesclick.timebanking.org



HARROW COMMUNITIES CLICK

helping each other out - in the community

About Harrow Communities Click

The network puts people in Harrow in touch with residents who want to give their time and skills to help people in the area. It allows people to offer their time in exchange for help elsewhere. Harrow Communities Click is being run by Age UK Harrow in partnership with other local charities including Mind in Harrow, Harrow Mencap, Harrow Carers, Third Sector Potential CiC and Timebanking UK.

By giving an hour members can trade their hour back for other services on the network. There are a range of services available from gardening to cooking, learning a language or joining a knitting group. The scheme is intended to help people stay independent by supporting them with practical tasks around their home, helping people meet new friends and have some fun. It is intended to reduce isolation that some people might experience by connecting them with people with shared interests in their local area.

ENGLISH CONVERSATION CLUBS

- Do you want more confidence speaking English?
- Do you want to practise speaking with other people from your local area?
- Do you want to ask advice about living in the UK?

Our member Katherine Harrison is now holding weekly English Conversation Clubs 10-11.30am Every Thursday at Kenton Library, Kenton Lane, Harrow, HA3 8UJ.

To find out more contact Katherine on:
07816 294783

FREE PERSONAL HEALTH CHECKS BY HCC MEMBER

HARROW LEISURE CENTRE

Harrow Leisure Centre are offering HCC free personal NHS health checks. The NHS Health Check programme aims to help prevent heart disease, Stroke, Diabetes and certain types of Dementia. Everyone between the age of 40 and 74, who has not already been diagnosed with one of these conditions would be eligible for a free Health Check. The assessment will be no longer than 30 minutes and can help you reduce these risks and make sure you stay healthy.

Harrow Leisure Centre will be presenting and holding Health Checks at our HCC Coffee Morning 15th October at the Age UK Harrow offices.

Please call 020 8861 9191 or Email hcc@ageukharrow.org.uk to book

Telephone: 020 8861 9191 or 020 8861 7988 **Email:** hcc@ageukharrow.org.uk

Web: www.hcommunitiesclick.timebanking.org

Highlights & Features

- ⇒ Exercise Classes—with Harrow Leisure Centre, gentle exercise to keep you fit
- ⇒ English Conversation Clubs—every Wednesday at St Michaels Church, Bishop Ken Road or every Thursday at Kenton Library.
- ⇒ HCC Coffee Morning— Health checks being performed by Harrow Leisure Centre— please let us know if you would like to have one
- ⇒ HCC now have a website based calendar of events within Harrow that are low cost or FREE. Please see our website www.hcommunitiesclick.timebanking.org or if you wish to have a paper copy please call 020 8861 9191

HCC Drop in Surgeries

Are held every Tuesday at Third Sector Potential premises (c/o Harrow in Business, Stanmore Business and Innovation Centre, Stanmore Place, Howard Road, Stanmore, HA7 1BT) to help people learn more about the network, go through the application process and learn how to exchange time.

Telephone: 020 8861 9191 or 020 8861 7988 **Email:** hcc@ageukharrow.org.uk

Web: www.hcommunitiesclick.timebanking.org

HCC MEMBER

WEALDSTONE SAFER

NEIGHBOURHOODS TEAM

Would like to recommend some safety tips

- Your bank will never ask you for your pin! So do not give it to anyone in any way.
- Car Crime - Keep all valuables out of sight
- Car Crime - Remove all evidence when you hide your Sat Nav (suction marks)
- Car Crime - Register your Sat Nav for free on UK National Property Register, Immobilise
- Do not hand over money or sign anything until you have checked the credentials of the company/individual
- Be suspicious of all 'Too good to be true' offers and deals (eg. ebay)
- Do not let any engineer or salesperson into your home unless you have arranged for them to come around.

HCC Friends Group

We are currently enrolling members to join our new befriending group. The group aims to support residents of sheltered housing and care homes. Contact HCC for more details.