

Newsletter: September 2023

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News & Updates

Welcome to our Newsletter – Sue Spiller, Sobus CEO

Welcome to our September newsletter. After a quiet six weeks or so, schools reopen this week, and for many people, work pressure ramps up again. Hopefully many of you had the opportunity to take a break over the summer months – although the weather has been disappointing for many. It felt positively autumnal last week, but this week has seen the temperatures soar again – so much so that an Amber Heat Health Alert has been issued for this week – please keep yourself safe and hydrated!



With autumn on the horizon, we start to enter the AGM season. Lots of organisations hold their Annual General Meetings between September and December when their accounts for the previous financial year have been inspected or audited, and are ready to send off to the Charities Commission. Not all organisations hold an AGM, and it will be specified in your governance document whether this is a requirement of your organisation or not.

AGM's can be a great opportunity to share your updates, progress, successes and challenges with your supporters, service users and your community. To make them interesting and engaging, Sobus would always suggest that the "business" side of the meeting be dealt with as swiftly as possible – and spend time hearing directly from staff and service users. Nothing is as impactful as hearing from people directly how your service and organisation has made a difference to their lives.

An annual report of some sort is usually expected – but a lengthy report can be a bit heavy going and not exactly a thrilling read. Instead, consider a brief report that includes key facts and figures, and testimonials. People can always ask for more information if they'd like to know more. Video clips, photographs and illustrations all help to make your annual report easy to engage with, and a joy to read!

Use your AGM as an opportunity to thank your staff, volunteers and supporters (including your funders) and celebrate all that you've achieved together!

If you'd like some help or assistance in planning your AGM, Sobus would be delighted to help.

Enjoy the summer weather while it lasts – and see you all soon.

Private Office - 1st Month FREE! – Carita Magnani, Sobus Facilities Manager

Sobus are delighted to be able to offer this modern, self-contained, air conditioned office for 6-8 people at Freston Road Hub. **Sign up for 12 months, get your first month FREE!**



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CONDITIONED,
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Freston Road Hub offers:

- A secure, self-contained office, accessible 24/7
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- All utilities – electricity, water, light, cleaning, business rates etc. included
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- Free Wi-Fi throughout the building
- Kitchen and breakout area for networking or breaks
- Unlimited tea and coffee

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9AM – 1PM**

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**SIZZLING
SUMMER
SAVERS!**

Contact 020 7952 2610/reception.frh@sobus.org.uk

For further information, or to arrange a viewing, please contact: Carita Magnani, Facilities Manager at carita.magnani@sobus.org.uk Tel: 07885910584

Empowering the Voice of H&F VCS – Oumayma Tuijri, Sobus 3D Voice Officer

3D Voice aims to empower the voice of the VCS in Hammersmith & Fulham and as the 3D Voice officer for Sobus, I've been visiting community centers in LBHF to find out how best to support them. I've also recently met with start-up organisations which is great, because I can be part of the process in supporting these organisations from the start. However, 3D Voice will continue to source any H&F organisations which feel unheard, or under-represented, aiming to empower the voice of the VCS in Hammersmith & Fulham, so make your voices heard and influence local services! – Email: 3d.voice@sobus.org.uk

Policy Update

In case you missed it, here's some crucial information on the Commission's latest trustee guidance, an opportunity to speak directly with the National Lottery Community Fund about the new Cost of Living Fund, and a survey seeking to understand the full impact of the cost of living crisis. [Take a look here.](#)

Training & Events

Tackling Anti-Social Behaviour Digital Conference: 20.09.23, 09:00-13:00

*1.7 million people reported anti-social behaviour to the police in 2021.**

ASB is a top priority for communities. Not a low-level crime, ASB causes serious harm to victims and communities.

Attend Westminster Insight's Tackling Anti-Social Behaviour Digital Conference to hear about new measures, tools and funding following the Government's 2023 **Anti-Social Behaviour Action Plan**. The Rt Hon Chris Philp, Minister for **Crime, Policing and Fire**, who is responsible for ASB, will set out the Government's approach.

It is vital that police, councils, housing providers, charities, and community groups work together to tackle antisocial behaviour. We will share practical insights and case studies on **information sharing, case management, early intervention**. Swift intervention can prevent behaviour escalating to a more serious level and reduce the impact on victims.

We must do better when it comes to **supporting victims** of antisocial behaviour. You will listen to the experiences of victims of ASB from **Baroness Newlove, Former Victims Commissioner**. We will explore recent measures to **increase reporting, support victims** and ensure that **perpetrators** pay the price of their crimes.

We will discuss new initiatives such as **'hotspot' policing** or 'immediate justice' schemes, new funding for **crime prevention measures**, and **ASB Case Reviews**. We will explore the **rapid deployment of Community Payback team pilot schemes**, with the aim to **clean up fly-tipping, vandalism and littering within 48 hours**. Don't miss the opportunity to join your colleagues on our digital platform to hear from a senior line up of policy makers and multi-agency expert practitioners. Ask your questions and network with colleagues.

**Resolve ASB*

[Book now](#)

Online Safety Digital Conference: Keeping Children Safe Online: 25.09.23, 09:00-13:45

Join your colleagues from schools and colleges, police, local authorities, charities, children's services, technology providers and online platforms at this timely and important event.

Join Westminster Insight's timely Online Safety Conference, chaired by Susie Hargreaves OBE, CEO of the Internet Watch Foundation to understand the steps you can take to safeguard children online.

At this conference you will:

- Gain insights on the latest technologies and grooming tactics used by perpetrators of online abuse with representatives of the UK Council for Internet Safety, Ofcom, the National Crime Agency (NCA), Protect and Prepare Board, and The Lucy Faithful Foundation.
- Hear a keynote address from Rt Hon Sir Jeremy Wright KC MP, chair of the All-Party Parliamentary Group (APPG) on Digital Regulation and Responsibility, on the the implications of the Online Safety Bill, including new statutory roles and responsibilities.
- Hear from Snapchat's global head of platform safety, Jacqueline Beauchere, on steps being
- taken to keep young people safe.
- Learn directly from young people to understand what they need from you and how to mitigate the impacts of social media on young people's mental health.
- Will Gardner OBE, CEO of Childnet, and David Wright, Director of the UK Safer Internet Centre and CEO of SWGfL, will discuss how to effectively teach online safety to children and young people.
- Attend a spotlight session on how to communicate online safety with neurodiverse children and young people.
- Discuss working together to protect young people from harm – we will hear best-practice multi-agency responses to local online harms and peer-on-peer abuse.

Network with peers across the country on our interactive virtual platform.

[Book now](#)

Trauma-Informed Care Online Training: 04.10.23, 10:00-16:30

*More than one in three children and young people are exposed to at least one potentially traumatic event by age 18. **

Attend Westminster Insight's one-day interactive online workshop to learn how to implement a **successful trauma-informed approach** in your **health, social care or education setting**. Improve outcomes for **children and young people** in your care.

What does **trauma-informed care** look like and why is it important? How can you **effectively respond** to those suffering from trauma? The effects of trauma are personal and complicated and not limited to mental health. Learn how to identify the **symptoms** of trauma and provide **appropriate support**. Gain skills to **communicate** with young people who are affected by trauma and **tailor interventions** to meet their **individual needs**.

Our expert trainer, Dr Kirsty Hughes, Clinical Director for Beyond Psychology, will share **best practice** to help you to advance your approach to trauma-informed care. Take part in interactive sessions that will enable you to relate and resonate with people who have experienced trauma.

**UK Trauma Council, 2023*

[Book now](#)

Transitional Safeguarding Online Training: 20.11.23, 09:30-13:00

For many young people, safeguarding needs to continue well beyond their eighteenth birthday – yet gaps between children's and adult's safeguarding services often mean that they do not receive the care and support they require as they enter adulthood.

Attend Westminster Insight's Transitional Safeguarding Online Training for the latest guidance and practical insights to improve outcomes for young people at risk as they enter adulthood.

Expert trainer, Dez Holmes, will walk you through evidence-based approaches and the six principles of Transitional Safeguarding.

Understand key developmental stages and identify some of the adverse situations that adolescents can experience going through the care system. Learn how you can

adopt more flexible and responsive strategies to protect vulnerable young people and reduce the risks of harm and exploitation.

Multi-agency working is crucial to ensure success. Hear from collaborative partnerships who are successfully bridging the gaps between children and adults' safeguarding services, with insights from guest speakers.

Join interactive exercises and scenario-based discussions. Raise your challenges and get feedback from the trainer and peers. You will develop an action plan to consolidate your ideas and deliver change in your organisation.

Places for this course are strictly limited so book now to avoid disappointment. Use our Early Bird code EARLY4099 for 20% off.

[Book now](#)

Funding

£10 Million Fund to Support Suicide Prevention Services (England)

The Department of Health and Social Care has made £10 million in funding available to support suicide prevention activities delivered in England by voluntary, community and social enterprise organisations in 2023 to 2025. The Suicide Prevention Grant Fund will award grants of up to £750,000 to help organisations to configure their services and interventions to better meet the increased demand seen in recent years. The fund will prioritise activity targeted at high-risk groups such as children and young people, middle-aged men, people with a pre-existing mental illness, pregnant women and new mothers, people in contact with the justice system, and autistic people. **The deadline for applications is 11:55pm on the 1st October 2023.** [£10 Million Fund to Support Suicide Prevention Services \(England\)](#)

Imperial Health Charity Launches Compassionate Communities Grants Programme

[Imperial Health Charity](#) is pleased to announce the launch of [Compassionate Communities](#) 2023/24, following the success of the first Compassionate Communities pilot in 2020/21. This call is aimed at organisations providing support and care activities that improve the health and wellbeing of northwest London residents waiting for or struggling to access health care services.

The programme has two focus areas:

- Prehabilitation – projects that provide ongoing physical and mental health support to residents who are waiting to access healthcare services

- Peer support and community groups – projects that bring people together with shared healthcare and community experience to provide support and advice to others.

Types of projects we are looking to support, include:

- projects that help northwest London residents improve their understanding of health and the health care system, and how to navigate it
- projects that promote and educate on having healthy lifestyles, such as physical and mental health activities, and healthy diets.

Funding requests must:

- be for a minimum of £5,000 and maximum of £50,000
- be for a minimum of 12 months and up to 24 months, to include set-up and evaluation periods
- directly support and impact northwest London residents across any of our 8 boroughs
- be for new, or expand on a current, provision (not just fund current provision)

Please visit our [website](#) for further information on Compassionate Communities including key dates, how to apply, taking the eligibility quiz, programme guidelines, and sample application form.

Please feel free to forward this to colleagues and other not-for-profit organisations known to you that work in our 8 north west London boroughs (Brent, Ealing, **Hammersmith and Fulham**, Harrow, Hounslow, Hillingdon, Kensington and Chelsea, and Westminster).

The deadline for applications is 12 pm Wednesday 1 November.

Screwfix Foundation (UK)

Grants of up to £5,000 are available to local charities and not for profit organisations for projects that will fix, repair, maintain and improve properties and community facilities for those in need in the UK. The funding is being made available through the Screwfix Foundations and the grants are available for all kinds of projects, from repairing buildings and improving facilities in deprived areas, to decorating the homes of people living with sickness and disabilities. Applications are reviewed on a quarterly basis. **The next closing date for applications is the 10th November 2023.** [Screwfix Foundation \(UK\)](#)

Funding to Support Disabled & Disadvantaged Children (UK)

Grants of up to £5,000 are available to registered charities to fund equipment and services to support disabled and disadvantaged children under the age of 13 across

the UK. The Toy Trust fund helps disadvantaged children and their families to alleviate suffering; support children through awful experiences; encourage achievement through adversity; purchase vital equipment; provide care; bolster existing initiatives; initiate brand new projects; and satisfy basic needs. Groups that have carried out some form of effective fundraising by themselves are particularly encouraged to apply. **The next deadline to apply is mid-November 2023 for the December meeting of Trustees.** [Funding to Support Disabled & Disadvantaged Children \(UK\)](#)

Grants of up to £5,000 Available to Charities Supporting Vulnerable & Disadvantaged People (UK)

The Leathersellers Company is seeking applications from small charities that are providing vital services for vulnerable people in deprived communities across the UK. The Small Grants Programme will award grants of up to £5,000 to organisations with an annual income of less than £200,000. Partnerships are encouraged. The number of applications will be capped and accepted on a first-come, first-served basis. The Committee will meet regularly to ensure charities receive a decision within a month of submitting their application. **There are 10 application windows throughout the year and each window will close when 45 applications have been received.** [Grants of up to £5,000 Available to Charities Supporting Vulnerable & Disadvantaged People \(UK\)](#)

Funding for Charity Building Projects (London)

Registered charities and exempt bodies in London planning building refurbishment projects of less than £200,000 can apply for grants of between £5,000 and £10,000. The building work can include general refurbishments or a specific scheme; repairs; creating disabled access; or fulfilling of Health and Safety requirements or fire protection. **The funding is being provided through the Rose Foundation and applications can be submitted until the 31st March 2024.** [Funding for Charity Building Projects \(London\)](#)

Funding to Repair & Improve Christian Buildings (UK & Ireland)

The Benefact Trust has launched a new funding programme to protect and enhance Christian buildings, ensuring their continued use and viability, and the safeguarding of their heritage. The Building Improvement Grants programme is open to applications from churches, cathedrals, denominational bodies, and Christian charities in the UK and Ireland, and will support capital costs such as essential repairs, improvements, equipment purchases, conservation and restoration, aesthetic enhancements, and energy efficiency measures. There is no minimum or maximum award specified, but applicants will need to secure at least 30% of their total project costs before making an application. Funding will be awarded at the

discretion of the trustees. **Applications can be made at any time.** [Funding to Repair & Improve Christian Buildings \(UK & Ireland\)](#)

Grants of up to £10,000 to Support Grassroots Charities (UK)

Grants of up to £10,000 are available to support small, grass-roots and local charities which are currently delivering services to the young, vulnerable, elderly, disadvantaged or the general community across the UK. The funding, which is being made available through Foyle Foundation's Small Grants Scheme, can be used to cover projects, core costs, building projects, or essential equipment to enable ongoing service provision for charities with a turnover of less than £150,000 per annum that can show financial stability and a clear need for their services. Competition for funding is expected to be strong. **Applications can be submitted at any time.** [Grants of up to £10,000 to Support Grassroots Charities \(UK\)](#)

Grants for Older People on Low Incomes (England & Wales)

Small grants of up to £400 are available to support vulnerable older people living on low incomes in England and Wales. Friends of the Elderly currently have four grant streams open for older people who are of/over state pension age, have savings of less than £4,000, and who do not fit the criteria for other funders. Whilst priority will be given to funding essential items including clothing, food, medicines, and books, the funding can also be used to help with the cost of replacing everyday items, small home repairs and mobility adaptations; help older people get online; and to help with unexpected bills. Applications must be made via a third-party Referral Agent such as a charity, local authority, housing association, Information, Advice and Guidance provider or social services representative. **Applications can be made at any time.** [Grants for Older People on Low Incomes \(England & Wales\)](#)

[Click here to view Sobus' latest Funding Alert](#)

Health & Wellbeing

Amber Heat-Health Alert – Sue Spiller, Sobus CEO

The UK Health Security Agency has issued an **Amber Heat-Health Alert** over London until **9pm Sunday 10th September**.

This is because we are to experience a period of hot weather this week, including official heatwave criteria being met. You can find [guidance and information from the Met Office on keeping cool in hot weather here](#). Full hot weather [guidance and advice from UK Health Security Agency is here](#).

Please use and promote the [London Cool Spaces map](#) during this time and activate any of your own cool spaces and heat plans.

British Red Cross also have [helpful information](#), including a hot weather checklist which can be found [here](#).

Recovery Month – Sue Spiller, Sobus CEO



September is national recovery month, when we celebrate the gains made by those in recovery from substance use and mental health, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

Each September, Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

It's sad, but nevertheless true, that many people in our society are less tolerant of those in recovery, viewing addiction as a "self-inflicted" problem. Just as alcoholism and drug addiction are commonplace, there are numerous myths and misunderstandings about addicts, addiction, and withdrawal.

In researching the subject, I found a really useful article at

<https://www.wefaceittogether.org/learn/common-myths> which I thought was worth sharing.

Let's look at some of the false ideas about addicts and addiction – [Read on](#)

Know your Numbers! Blood Pressure Testing & Awareness week, 4th-10th September – Sue Spiller, Sobus CEO



With the everyday pressures of life, we know that understanding why it's important to know your blood pressure numbers and taking the time to get them measured isn't always a priority. However, did you know that getting a blood pressure check is the first step to preventing heart attacks and strokes. High blood pressure is a major cause of these diseases but usually has no symptoms until it's

too late, which is why it's known as 'the silent killer'. Knowing your numbers means you can start making healthy lifestyle changes or start taking medicines if you need them to bring your blood pressure down to a healthy level. So it's essential to make the time to check your blood pressure to see if it's under control.

It's never too early OR late to start checking your blood pressure. Your blood pressure is very important no matter your age. It is never too late to take action to lower your blood pressure. High blood pressure is not simply a part of growing old. You can take steps to know your numbers and lower it if it's high no matter how old you are.

Make the time now to prioritise your health. Start with your blood pressure to beat 'the silent killer'.

Home monitoring is an effective and inexpensive way to keep blood pressure under control and the evidence behind it continues to get stronger. It offers a way for YOU to take control of your health, feel confident, and take the pressure off the NHS at the same time. It gives you a practical way to Know Your Numbers! without visiting your GP, practice nurse, or pharmacist in person. It puts you in the driver's seat, and it really can save lives.

Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms so, the only way to find out is to have a blood pressure check.

Contact your GP or local pharmacist to get a blood pressure check done this week!

Visit <https://www.bloodpressureuk.org/> to find more information.

Building Trust Health Inequalities Listening Event: 08.09.23

Please see this [flyer](#) for the second Building Trust listening session I am facilitating in conjunction with AFND (www.afnd.org.uk).

Here's an overview of what the Building Trust Project is about:

Beginning with black residents, local people will tell their stories face-to-face to those in the NHS and council who plan and provide our local health and care services – people in positions of authority who have the power to change things for the better.

The aim is for these sessions, which are being led by the borough's voluntary and community sector, to create a shared understanding of how difficult issues like structural racism and poverty affect residents' experiences of health and care services and the outcomes they get.

Re as young people with disabilities/SEN are supported up to age 25, we will accept young people up to 25 years old for this listening event. Ideally we want as many young people who live and/or access NHS services within **Hammersmith &**

Fulham. However we can accept some young people from neighbouring boroughs. Please do not hesitate to get back to me or Harold (AFND) aka H 07552140965 if you have any questions.

Whilst it's not on the flyer, there will be **Westfield vouchers for every young person who attends.**

Healthy Ageing project (over 65s)

The Helix Centre, a research group out of Imperial College London is looking for participants for its project examining the potential of using sensor technology in the home to support older adults to live as well as they can for as long as they can.

Are you 65 or older?

We want your views on using sensors in the home to **support older adults to live as well as they can for as long as they can**

Helix Centre
Imperial College London

What?
We are looking for 20 individuals who are 65 or older to participate in two, 2-hour workshops at St. Mary's Hospital in Paddington. Sessions will take place in September and October; specific dates and times can be seen on the application form.

Why?
You will be paid for your time (£25 per hour), your travel will be covered, and refreshments will be provided. You will be involved in helping improve the infrastructure for ageing in the home.

Apply to get involved or ask any questions:
<https://tinyurl.com/HealthInOlderAge> or scan the QR code
07561 873711
healthyageing@helixcentre.com

Community Health Day Event

A day for all the family in W6! Includes **free** health checks, cookery demonstration, bouncy castle and more...

17th September, 1pm-5pm

[Find out more](#)

6 Week Diabetes Course

The X-Pert Diabetes course will increase your knowledge, skills and understanding of diabetes and help you make healthy lifestyle choices.

Starting 24th September, 6pm

[Find out more](#)

Jobs & Volunteering Opportunities

Patient or Carer Representative x1 – Arts Psychiatry Special Interest Group

Location : London

Status : 3-year Fixed Term Contract

Salary : £140 per day

Closing date : 15/09/2023

Interview date : 04/10/2023

[Patient or Carer Representative x1 – Arts Psychiatry Special Interest Group
\(rcpsych.ac.uk\)](#)

Patient Representative x2 – Quality Network for Prison Mental Health Services (QNPMHS)

Location : London

Status : 3-year Fixed Term Contract

Salary : £140 per day

Closing date : 18/09/2023

Interview date : 02/10/2023

Patient Representative x2 – Quality Network for Prison Mental Health Services (QNPMHS) (rcpsych.ac.uk)

The Access Project – Volunteer Tutor Opportunity

The volunteer tutor role provides a rewarding opportunity to connect with a young person and help them reach their full potential, by supporting their education and learning, and inspiring the next generation. We are currently partnered with 23 schools across London and it would be fantastic for local volunteers to get involved. Please follow the link to our website, [here](#).

News & Events for H&F Residents

Building Trust Project in H&F: An Opportunity to Hear from Residents – Sharon Tomlin, Sobus Community Organiser

On **15th September**, **Sobus** will be hosting a Listening Event on health inequalities with an initial focus on black African and black Caribbean (terms used to refer to residents of African, Caribbean and other descent) residents in the borough of Hammersmith and Fulham. The local authority has instigated this project which aims to address health inequalities across many demographic groups.

As a Community Organiser I regularly conduct listenings with local residents, the main aim is to support residents to build individual and collective power. This is achieved through one of many participatory processes. During this process, residents of African ancestry have remarked on:

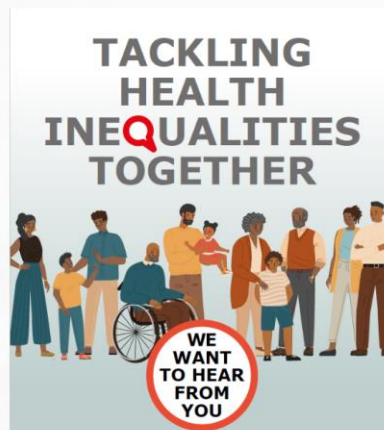
- The concern they have observed a growing number of young residents (aged under 60 years old) of the African diaspora visibly managing pain, using supporting walking aids and general increase in on street mental health.
- Residents noted the lack of attendance and participation at key events around health and wellbeing matters
- Have shared reasons for general hesitancy in engaging in supportive service structures.

I must say that I too have observed and listened to feedback from residents to the lack of trust in systems over recent years, particularly heightened during the worldwide response to the death of George Floyd in America, further heightened during and post COVID-19. This has led to delving more deeply into exploring historical, economic and social factors of the community. The feedback from the many communities reveals reasons for existing barriers to participation in health and wellbeing activities.

The Listening Event is part of a series of events running throughout the borough this year to listen to residents. The aim is eventually reach as many demographic groups as possible across the borough. The initial phase starts with meeting residents from black African and black Caribbean communities. It is a culmination of co-production with colleagues of Hammersmith and Fulham Council, NHS and several Voluntary Community Sector organisations that include Sobus. I wish to invite you to get involved by sharing this opportunity with your networks. Hope to see you there!

For more information please visit: www.lbhf.gov.uk/buildingtrust. You may also contact Sharon Tomlin by emailing sharon.tomlin@sobus.org.uk

Listening Event



Building Trust Project

Friday 15th September 2023

**Join the voices
of black
African and
black
Caribbean
residents**

Where: Sobus, Dawes Road Hub,
20 Dawes Road,
Fulham, SW6 7EN

Time: 1:30pm - 4pm

Email: sharon.tomlin@sobus.org.uk

Call: 020 7952 1230 or 07860 785 950

Refreshments will be served



Reserve a place at one of our
community-led listening workshops
visit www.lbhf.gov.uk/buildingtrust



HS2 Open Day: Save the Date, Saturday 14th October – Sue Spiller, Sobus CEO



Are you interested in finding out what's happening with the HS2 Development in the north of the borough. An open day on site is being arranged for **Saturday 14th October** – look out for further news later in the month.

HS2 is Britain's new high speed rail line being built from London to the North-West, with HS2

trains linking the biggest cities in Scotland, Manchester, Birmingham and London. It is the largest infrastructure project in Europe and the most important economic and social regeneration project in decades.

You can find out more about HS2 on their website: <https://www.hs2.org.uk/>

Private Office - 1st Month FREE! – Carita Magnani, Sobus Facilities Manager

Sobus are delighted to be able to offer this modern, self-contained, air conditioned office for 6-8 people at Freston Road Hub. **Sign up for 12 months, get your first month FREE!**

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- Lockable storage
- Registered mailing address facility
- Free Wi-Fi throughout the building
- Kitchen and breakout area for networking or breaks
- Unlimited tea and coffee

For further information, or to arrange a viewing, please contact: Carita Magnani, Facilities Manager at carita.magnani@sobus.org.uk Tel: 07885910584

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9AM – 1PM**

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Contact 020 7952 2610/reception.frh@sobus.org.uk

Trainee Opportunity with Netflix for Residents of Fulham, Hammersmith, Acton and Ealing

My name's Graham from [FILM LONDON](#) and I would be delighted if you would be able to share an exciting Netflix trainee opportunity with your community. No Film/TV experience required.

We have recently partnered with ScreenSkills who are opening doors for individuals who don't have experience or connections in Film and TV, with a trainee scheme called '[First Break](#)'. Selected trainees will be given the opportunity to work on a Netflix production being shot in London.

- Applicants must be 18+ and not currently in full-time education
- This opportunity is being offered to residents of **Hammersmith, Fulham, Acton and Ealing**.

Those individuals who would like to find out more are encouraged to attend the Open Doors webinar taking place on the **7th of September, 4pm-6pm**. Register for free [here](#).

Click [here](#) for further details.

Community Health Day Event

A day for all the family in W6! Includes **free** health checks, cookery demonstration, bouncy castle and more...

17th September, 1pm-5pm

[Find out more](#)

6 Week Diabetes Course

The X-Pert Diabetes course will increase your knowledge, skills and understanding of diabetes and help you make healthy lifestyle choices.

Starting 24th September, 6pm

[Find out more](#)

FREE Dance Class

Latin & Ballroom inspired 45 minute **free** dance class!

26th September, 1.30pm
Grove Neighbourhood Centre

[Find out more](#)

Healthy Ageing project (over 65s)

The Helix Centre, a research group out of Imperial College London is looking for participants for its project examining the potential of using sensor technology in the home to support older adults to live as well as they can for as long as they can.

**Are you 65
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We want your views on using
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Imperial College
London

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Why?

You will be paid for your time (£25 per hour), your travel will be covered, and refreshments will be provided. You will be involved in helping improve the infrastructure for ageing in the home.

Apply to get involved or ask any questions:
<https://tinyurl.com/HealthInOlderAge> or scan the QR code
07561 873711
healthyageing@helixcentre.com

