



HESTON in the Community

HITC Community Support

Supporting Hounslow Residents To Stay Independent And Well.



We provide **free** person-centred, and flexible support to help adults in Hounslow maintain their independence, improve wellbeing, and reduce the risk of homelessness.

Our service include tailored floating support through home visits, as well as access to our Support Hub, where clients can attend one-to-one sessions, receive friendly advice from our team, and enjoy free refreshments in a welcoming environment.

We also offer creative activities such as art classes, gardening, and other group sessions designed to help individuals build confidence, develop life skills, and strengthen connections within the community.

Support We Offer

- ◆ **Adult Learning Courses.**
- ◆ **Support Services i.e. Digital (IT Support), Benefit Support, Finding Housing Accommodation, Referrals For Wellbeing & Mental Health Support, Budgeting, Debt Management & Filling forms.**
- ◆ **Employment & Training Advice, CV Support, Job Searching, Interview Prep.**
- ◆ **Counsellor's, GP & Legal Support.**
- ◆ **Social Inclusion Activities, Connecting with Community Groups, Reducing Isolation.**
- ◆ **Creative Activities: Art Classes, Gardening & More!**



FLOATING SUPPORT HOME VISITS



Weekly Home Visit Schedule



Tuesday 9am - 5pm



Wednesday 9am - 5pm



Thursday 9am - 2pm



FLOATING SUPPORT DROP IN



Every Wednesday



9am - 5pm



Heston Farm Community Hall
51 Biscoe Close, TW5 OUZ



Weekly Activities

- ◆ Creative Art Workshops
- ◆ Gardening Workshops
- ◆ Social Inclusion Activities

REFERRAL PROCESS

Scan QR Code To Access Referral Form.

Or Access Our Referral Form Via The Link Below.

[https://app.upshot.org.uk/signup/857a01f8/502777aacea5af32/.](https://app.upshot.org.uk/signup/857a01f8/502777aacea5af32/)



Please note that clients can only access our services through referral by Thames Reach Hounslow.



07724 519502



Floating.support@hestonitc.com



Heston Farm Community Hall