

Harrow Carers

June-September 2018 Bulletin | harrowcarers.org

Harrow Carers is an independent charity and the lead carers support agency in Harrow.

Registered Charity
No. 1062149



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and like us on Facebook!



**WE ARE
MACMILLAN.
CANCER SUPPORT**



*Harrow***COUNCIL**
LONDON

carerstrust
a Network Partner



NHS
Harrow
Clinical Commissioning Group

Harrow Carers Notice

Harrow Carers' privacy statement.

We take your privacy seriously and promise to never sell your data. You can find out more about your rights, how we use your personal information and how we keep your details safe and secure by reading our Privacy Statement at: <https://www.harrowcarers.org/self-help-faqs/privacy-policy/>

If you are concerned about the confidentiality of your personal information, please contact us by phone on 020 8868 5224 or email enquiries@harrowcarers.org

RECRUITING NEW CARE SUPPORT WORKERS!!!

We are currently recruiting for committed, reliable and enthusiastic Care Support Workers to assist with double up care calls in Harrow and the surrounding areas. This is an exciting opportunity for caring individuals who want to make a genuine difference to the well-being of our clients.

JOB TITLE: Care Support Worker

SALARY: £9.00 p/hr

LOCATIONS: Harrow & the surrounding areas:

Pinner, North & South Harrow, Kenton, Stanmore,, Rayners Lane, Harrow & Wealdstone, Hatch End, Edgware

JOB TYPE: Double Up Calls

HOURS: Part Time/Full Time (Flexible)

JOB ROLE:

Attend the homes of families and perform duties as specified in the care plan.
Personal care tasks; including support with dressing and continence care.
Meal Preparation; preparing light meals, snacks and drinks.
Domestic Tasks; light cleaning and supporting with shopping activities.
Companionship; providing emotional support and assistance with activities.

WHAT WE OFFER:

Travel Allowance.
Flexible working hours.
Competitive Hourly Rate.
Free DBS Check.
Paid Annual Leave.
Sickness Pay.
Career Development.
Training & Support to gain Level 2 Qualification in Health & Social Care.

Applicants who have care experience are particularly welcome, but full training will be given.

If you would like to join our trusted and valued team, please apply online or call our office on 03300882224 and one of our friendly staff will discuss the application process with you further.

Address: 376-378 Pinner Road, North Harrow, Middlesex, HA2 6DZ

Tel No. 020 8868 5224

Website Address: www.harrowcarers.org

Email Address: admin@harrowcarers.org

CEO's Message

Carers' Assessments—what's your experience?

With the introduction of the Care Act in 2015, carers should have seen an improvement in the levels of support they receive. One major change in the Care Act was **the right for all carers** to have an assessment of their needs when they are identified as carers. This doesn't seem to have been happening to the extent expected across the country.



In Harrow, over 3 years since April 2015 when the new Care Act came in, a total of 2,434 carers have had Carers assessments. That's an average of 811 per year out of around 25,000 carers known to be in Harrow. We're interested to know if you have asked for an assessment, whether you have had one, if it was easy to get one and what your assessment was like if you have had one. How did it happen—was it a visit, a phone call, a form through the post or another method? Was it thorough? Did it make a difference? Did you ask for one and didn't get one? Were you encouraged or discouraged?

Some carers have told us that they have been put off having an assessment, being advised that if they have over £23,000 in savings or equity, they would not benefit from an assessment. Have you had this experience?

Your feedback can help shape the way Carers Assessments are provided and could improve things for you and other carers in the future.

If you have experience of requesting an assessment or going through an assessment, we'd love to hear from you. Please call the office on 020 8868 5224 or email admin@harrowcarers.org to let us know about your experience.

Your feedback is valuable so we would encourage you to contact us with any information you have about asking for, being offered and having a Carers Assessment.

Thanks,

Mike Coker

CEO

For regular updates, follow our social media pages at:

Facebook (why not leave a review!): www.facebook.com/carers.harrow/

Twitter: www.twitter.com/HarrowCarers

Instagram: @HarrowCarers or www.instagram.com/harrowcarers/

Have a photo you want used in the next bulletin issue? Send it in to us at: admin@harrowcarers.org





Working for Carers



Working for Carers is a London-wide project that supports unpaid carers, aged 25 or over, to move closer to employment. The project is led by Carers Trust and delivered by its network of 24 partners across London, and is jointly funded by the European Social Fund and the National Lottery, through the Big Lottery Fund.

Our aims are:

Support carers to pursue their employment goals through confidence building and skills development.

Offer a flexible service that considers individual needs and ambitions.

Engage with local businesses and organisations to create employment, training and volunteering opportunities for carers.

Highlight the benefits of employing carers, adopting carer friendly policies, and understanding the needs of carers in the workplace.

Carers can access free support, designed to meet their individual needs and delivered in their local area.

This may include:

- One-to-one support and advice with a dedicated Employment Personal Advisor.
- Group activities and training workshops.
- Support with writing CVs and interview techniques.
- Help with job-searching.
- Access to employment, volunteering and training opportunities.

Eligibility criteria:

- Unpaid carer or former carer.
- Aged 25 and over.
- Living in London not in any paid work.

We cover the following boroughs: Barnet, Brent, Ealing, Enfield, Hammersmith & Fulham, Harrow, Haringey, Hillingdon and Hounslow.

See the Events and Services Timetable for upcoming workshops and events. (Page 10)

For further information and dates for sessions and other services please visit our website:

<https://www.harrowcarers.org/working-for-carers/wfc-workshops/>

E: workingforcarers@harrowcarers.org T: 0208 868 5224 Ext 218

Do You Need a Venue?

Call us at 02088685224 to talk to us about our new venue Savoy Court! We can host a range of events. The venue comes equipped with seats, tables, kitchen, pin boards, two toilets (including disabled) with easy disability access via ramps.

Address: 376-378 Pinner Road, North Harrow, Middlesex, HA2 6DZ

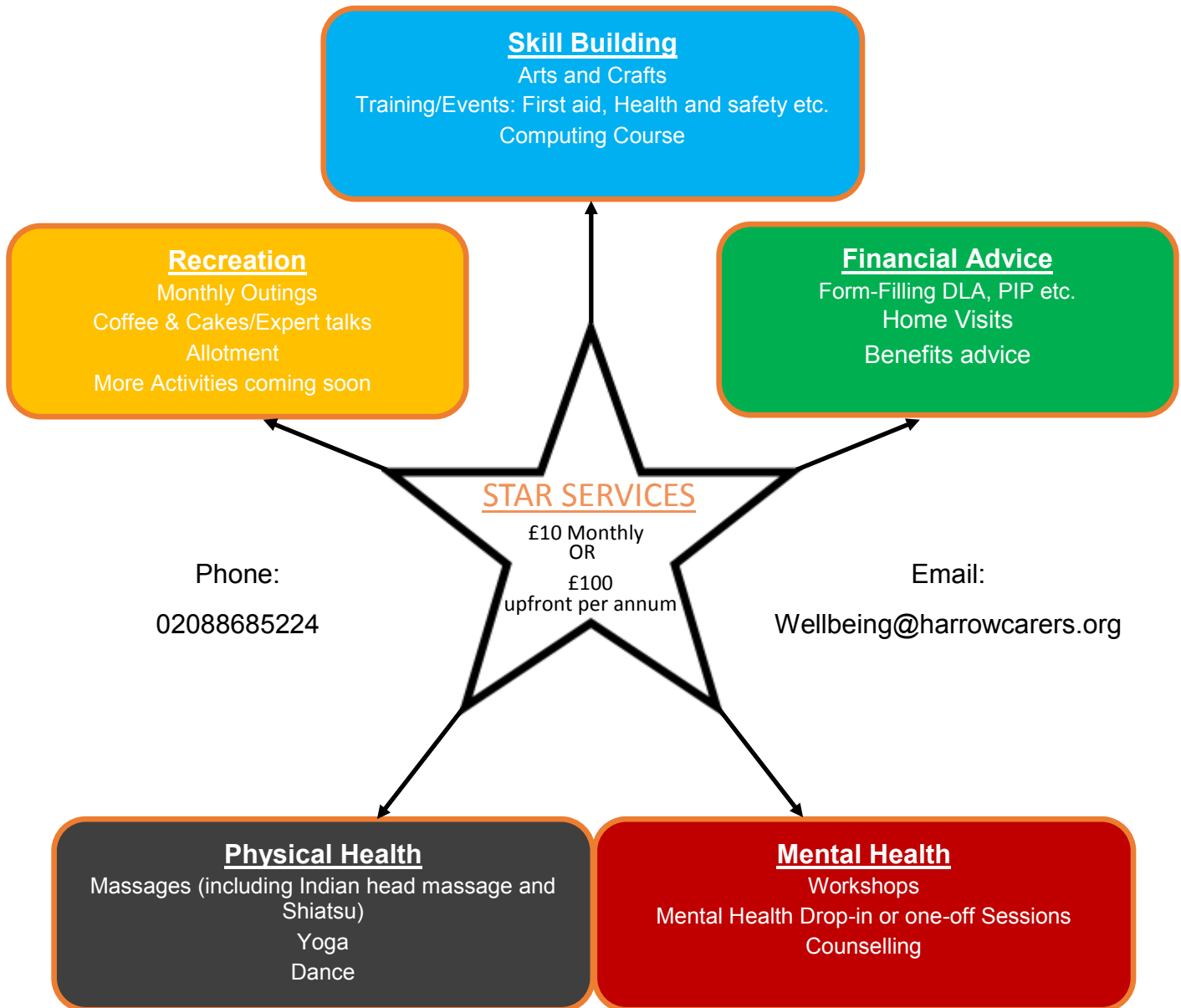
Tel No. 020 8868 5224

Website Address: www.harrowcarers.org

Email Address: admin@harrowcarers.org

Adult Services

How we support Carers...



See the Events and Services Timetable for upcoming events. (Page 10)

CQC Inspection!

As a part of ensuring quality care services you will be contacted by the Care Quality Commission (CQC) as a part of their inspection process, this is the body of which regulates the respite services we provide for you. **With your kind permission** we have given the names, addresses and contact numbers of all our service users. They may contact you for your views about the respite services you receive from Harrow Carers. **If however, you do not wish to participate** in the survey please feel free to express this as it is not mandatory.

We are grateful to you for your custom and hope to continue to support you and your family now and in the future.

Let us know if there is anything we can ever do to assist you further by calling Francisca or Christine directly on 03300882224.

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Volunteering for Change

This exciting project aims to provide individuals within the borough of Harrow and over the age of 18 with the opportunity to take part in various volunteering roles, specifically tailored to their needs and interests to support them in achieving their goals.

To date, we have **successfully helped over 400 Harrow residents** obtain volunteer roles and/or work either within partner organisations or external placements.

We support you every step of the way and are here to give back to you as much as we can and bring the best out of each and every one of you. You will get **one to one support** from a personal buddy so don't worry, help is always close. We will **empower you** with the ability to transfer your skills into any suitable place of work.

Things to think about...

Would you like to **be valued** for your working skills?, would you like new ways to spend your time?, would you like to make **new friends?**, would you like to learn **new skills?**

If you have answered **yes** to any of the above then please do not hesitate contact us or any of our above partners.

Tel : **020 8868 5224** or email admin@harrowcarers.org

Partner Organisations: Mind in Harrow, Age UK Harrow, Carramea, Radiate Harrow, Association for Disabled People/Asperger's Syndrome Access to Provision



Home Care

Need a Break?

As a carer do you need a break? Harrow Carers' Homecare service are offering a reduced fee for respite services to the first 40 Carers who join our new scheme. This can build up into a nice routine of breaks for you in the year and regularly thereafter. Simply contact us at the Centre (03300882224) to register if you have not already done so and our friendly staff will put you through to the Homecare team who will be able to discuss the process with you further.

Harrow Carers Respite team has just recruited a Human Resource and Administrator, Natasha Carrington. Natasha will be responsible for recruiting new Care Support Workers and maintaining their training and development matrices. We are convinced that Natasha will add a new layer of success to our quality efforts.

The other good news is that since joining our team we have been able to recruit a Field Care Supervisor, Avagayle Reid, to replace Shantel Irving who no longer works for Harrow Carers. We know you will be pleased also to know that we have two newly recruited Care Support Worker who will be joining our team once they have successfully completed their induction and training program.

Should you require support and wish to speak to someone in the Respite Services team, please feel free to call (03300882224) or email at respite@harrowcarers.org

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Macmillan Cancer Carers Outreach And Home Visits



Service



Harrow Carers offer support to people who support their loved ones living with Cancer in Harrow.

We offer:

- Home visits.
- Welfare benefit advice.
- Information.
- Support groups.
- Counselling.
- Drop in sessions.
- Emotional and Practical support.
- Mental health wellbeing workshops.
- Signposting to specialist local services.

Macmillan also offer people living with cancer small one-off grants for his/her specific needs, including help with paying for:

- Gas/ Electric bills.
- Short holidays in the UK.
- Clothing (depending on eligibility).

If you are supporting a family member, friend or a neighbor living with Cancer in Harrow, we are here to support you. We are here to help reduce any additional emotional burden you are carrying, whilst helping you to make informed choices about matters that are vital to you and your dependent. We aim to do this by liaising with other health professionals on your behalf in order to find out any additional information that will provide you with adequate support.

At Macmillan we also want to let carers know that it is equally important that they look after their own health and emotional wellbeing. Such self-care is central to the role as carer to ensure that you can provide full support to your dependents without compromising your own health.

As an Outreach and Home Visits Worker I understand how difficult it is to leave the person you are caring for to attend to your own needs. This service was designed to visit you at the comfort of your own home or a place of your choice where we can discuss your support needs.

For further information please call Victoria on:
Tel: **020 8868 5224 Ext 214** or **07523 021 166**
E-mail: victoria.ozoigbo@harrowcarers.org

novus Homeshare
Our journey, together

Are you looking for support at home?

- Do you require support with household tasks such as shopping, cooking, cleaning, etc.?
- Are you seeking companionship in the comfort of your own home?
- Would you like some peace of mind knowing that someone is keeping an eye on you and providing overnight security?
- Can you offer a bedroom in your home for a suitable companion that they can call home?

If the answer is yes, we can help to find you a friendly, responsible and carefully assessed Homesharer today.

Are you looking for accommodation?

- Struggling to find an affordable place to live?
- Can you spare 10 hours a week?
- Are you a friendly and caring person?
- Would you like to be rewarded for helping your local community?

If the answer is yes, you may be able to apply to the scheme as a Homesharer!

Contact us today for more information:
0330 088 2225 (standard landline rates apply)
www.novus-homeshare.org.uk
enquiries@novus-homeshare.org.uk

ageUK Love later life
LLOYDS BANK FOUNDATION England & Wales
SharedLivesPlus THE UK NETWORK FOR SHARED LIVES AND HOMESHARE

UK Registered Charity 1142811

Address: 376-378 Pinner Road, North Harrow, Middlesex, HA2 6DZ

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Definition of a Young Carer:

They are a young person under the age of 18 who is providing unpaid care for a person at home that has a physical or mental health problem including autism, dementia and learning disabilities, or is dependent due to age, substance misuse, long-term or terminal illness.

We support Young Carers in the following way:

School outreach service, Monthly outings and activities and respite, extensive summer activities programme and self-development opportunities, residential programmes. Counselling and family outreach work. Understanding your rights as a Young Carer.



Harrow Young Carers project will have an exciting 2018/2019 due to the generous support from our funders. A big thank you to:



BBC Small Grants, Harrow School, John Lyon's Charity, Pinner Rotary and Inner Wheel Club of Northwick Park

We had 15 young carers take part in developing an e-learning programme for Professionals. This will help teachers, social workers and medical professionals better identify and support young carers.

Three of our young carers gave a presentation to Harrow School. They spoke about the challenges and positive aspects of their caring role and what impact that had on them. Their presentations were very well received.

Exciting activities and trips planned for 2018:

Tall ship sailing with Harrow School

Thorpe park

Go-karting

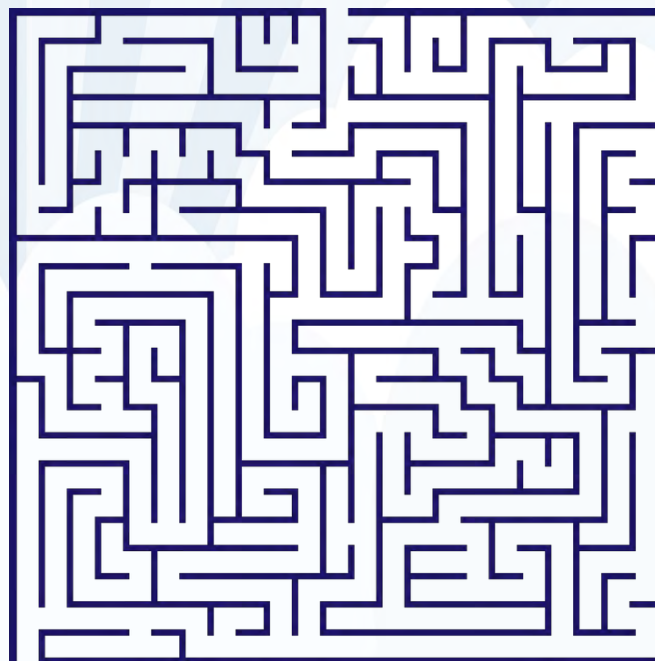
Dance and Film Making

West End theatre show.

Meals out to socialise and make new friends

... to name a few.

Let us know what you want to see in the next news bulletin by emailing us at:



Email: youngcarers@harrowcarers.org

What's Going On?

Computing Course



Going Online

Do you find that our world is becoming more electronic? Do you feel that most of the things you need to do are now online? Have you been told that you need to fill out forms online but do not know how to?

Here at Harrow Carers we will teach you:

- How to set up and get on to use your internet.
- Going on to the Harrow Carers and other carer friendly websites for a variety of information.
- Security – making sure you are using the internet safely.

Feel free to ask any questions! Our friendly volunteers are here to help you to make this a comfortable and enjoyable experience!

July – 2nd, 9th, 16th, 23rd 10.30am-12.30pm



Email

Compared to writing a letter, emails are quick, easy and most importantly FREE! Harrow carers will teach you:

- Set up an email address
- How to communicate via email
- Attach and send photo's
- Security and how to stay safe using emails
- And MUCH MORE!

September—3rd, 10th, 17th, 24th 10.30am-12.30pm

(If either course has already started and you still would like to join in that's fine! **Please book to take part**)

Central and North West London

CNWL Recovery & Wellbeing College

CNWL Recovery & Wellbeing College is a learning and development centre providing a range of educational workshops for people with mental health difficulties. Workshops & courses are **free** for the following:

- People who currently use CNWL services
- People who have used CNWL services in the last six months
- Family, friends or carers of people who use CNWL services or people who have been discharged from CNWL services.



Understanding Anxiety

Tuesday 11th September 2018 from 1pm – 4pm.



Managing Psychosis Together

Tuesday 18th September 2018 from 10am – 4pm.



A Good Night's Sleep

Tuesday 13th November 2018 from 10am – 4pm.

****Registration is compulsory. Register at:**

Wellbeing College

2nd Floor

Stephenson House

75 Hampstead Road

London NW1 2PL

Tel: 020 3214 5686

9.30am - 12pm, 1pm - 4.30pm, (Monday to Friday)

Email: recoverycollege.cnwl@nhs.net

Events and Services Timetable

Working for Carers



Induction & Positivity Workshop

13th July 2018, 10am - 2pm (at Harrow Carers)



CV & Interview Techniques Workshop

19th July 2018, 10am – 2pm (at Harrow Carers)



Job Club

27th July 2018, 10am – 12pm (at Harrow Carers)



Mindfulness

28th August 2018, 11am-4.30pm.

(Savoy Court 49 Savoy Court, Station Road, Harrow HA2 6BU)



Induction and Positivity Workshop

6th September 2018, 10am-2pm (at Harrow Carers)



Cover Letter and Interview Techniques

14th September 2018, 10am-2pm (at Harrow Carers)



Job Club

20th September 2018, 10am-12pm (at Harrow Carers)

Email to book: workingforcarers@harrowcarers.org

Call to book: 0208 868 5224 Ext 218

Adult Services



Mindfulness - 4 Week Course

A 4 week course involving mindful meditation, education and discussion.

Mindfulness is:

About paying non-judgemental attention to the here and now.

Stepping out of the constant cycle of thoughts and emotions.

Proven to improve your psychological and physical wellbeing, it can reduce stress and enhance coping.

August 6th, 13th, 20th and September 3rd 2018

Time : 1:30- 3:30 pm

Venue: Main Hall, Harrow Carers



Coping with Change - 3 week course

When you become a carer your life changes a lot. These changes can be overwhelming and can lead to stress, anxiety or depression. These sessions will help you to understand the life changes and losses that happen over time like the loss of independence, loss of future etc. Learn how to build resilience and strength to help you to take care of your wellbeing. Understand what is causing guilt and how to overcome it.

6th September 2018 (Thursday)

13th September 2018 (Thursday)

20th September 2018 (Wednesday)

Time: 5:00- 6:30pm (**EVENING BATCH**)

Venue: Meeting Room, Harrow Carers

Email to book: wellbeing@harrowcarers.org

Call to book: 02088685224

Address: 376-378 Pinner Road, North Harrow, Middlesex, HA2 6DZ

Tel No. 020 8868 5224

Website Address: www.harrowcarers.org

Email Address: admin@harrowcarers.org

Events and Services Timetable

Wellbeing Services



DWP Update—Universal Credit

11th July 10:30am—12:30pm (at Harrow Carers)
 Are you going to be effected by Universal Credit?
 Find out more from Colin Morris from the
 Department of Work and Pensions.



Mayfield Lavender Fields (Monthly Outing)

18th July

Hasting's Pier (Monthly Outing)

22nd August

(We will now be charging a £5.00 **refundable**
 deposit for all monthly outings).



First Aid Training

September 11th, 02:30pm—04:30pm (Savoy Court,
 North Harrow).

We provide relevant first aid skills tailored to the
 needs of the group. We build confidence and
 willingness to help in a first aid emergency.



MacMillan Coffee and Cake day! (Open to all)
 28th September, 10am—12:30pm (at Harrow Carers)



Allotment Meeting

On 27th June we had a group of volunteers from
 National Rail who worked tirelessly to transform our
 plot for the carers (**a big thank you to them!**) Next
 meeting will be held on **Friday 13th July 01:00pm—**
03:00pm! We will be allocating days for carers to
 go to the allotment, so please **contact Shirley.**



Coffee and Cakes

A nice opportunity to socialise with likeminded
 carers (at Harrow Carers).

July 6th 12.30pm – 2.30pm

August 3rd 12.30pm – 2.30pm

September 7th 12.30pm – 2.30pm



Quiz Night

20th July 05:00pm—07:00pm

(at Harrow Carers Centre)



MS Support Group

Do you or the person you are caring for suffer from
 Multiple Sclerosis? **You do not need to be alone!**
 Please come in and join our support group of carers
 that are going through similar situations as you are!

July 24th, 11:00am – 12.30pm

August 28th, 11:00am – 12.30pm

September 25th, 11:00am – 12.30pm

We have been given the opportunity to work with the
 organisation 'Create' who will be providing us two
 different 8 half day workshops which will hopefully
 be painting in September - October and photog-
 raphy hopefully January – February 2019 (**subject to**
change). You do not need to be a member of
 Harrow Carers to take part in these workshops.
 Please register your **interest** today and we will
 update you when the dates have been confirmed.





Carers Week—A Message from Shirley



Carers Week 2018 is officially over, and we hope you got a chance to take part in something during the week! And if you were not able to take part in Carers Week 2018 then we hope to see you in Carers Week 2019!

A massive thank you to the following people and organisations for supporting us during the week:

Firstly I would like to give thanks to everyone at **Harrow Carers** for supporting me through my first ever carers week!

To the staff at the **Niland Centre**, thank you for allowing us to use their beautiful venue!

The Disability Foundation for providing various therapies at the Niland Centre, even staying longer than what they were meant to, to try and give as many carers as possible, we are very grateful!

Rubin for providing Indian Head Massage!

Satish, our Bollywood dance instructor who put on a great show for the carers, you all looked fabulous!

Komal, for the outdoor seated yoga which was a hit with the carers they loved it!

Arthur who did outdoor Tai Chi with the carers, because of this we are now planning on bringing Tai Chi in as a regular activity!

The Mayor and Mayoress of Harrow thank you for giving their respective speeches!

To **Jai Durga** for providing food at the Niland, it was delicious!

Morrisons for your support with the English buffet food at the Niland!

Those who donated raffle prizes to the carers. This helped Harrow Carers raise over £100!

Daniel from Action on Hearing Loss who came in and gave a very interesting and informative presentation around hearing loss and tinnitus.

Mind for coming in and giving a talk around Mental Health!

Annette from Jewish Care for coming in and talking about her organisation and how they support the Jewish community!

J&D Eurotravel for providing us transport to and from the Niland venue!

The Trustee's for their continuous support!

And last but not least thank you to **all of our carers**, without you none of this would be possible! What you do on a daily basis is incredible, you're ALL amazing, the care you provide is invaluable and just remember we are here for you!

Carers Week 2019

We would LOVE to hear any idea's you have about Carers Week 2019!

Please email shirley.sandford@harrowcarers.org with the 'subject' as Carers Week 2019



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