

harrow carers

May-June 18 | harrowcarers.org

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

Registered Charity
No. 1062149



Carers Week 2018: Supporting Carers to be Healthy & Connected (p.10-12)

Carers Health & Wellbeing (p.4-5)

Young Carers (p.7)

Training & Events (p.8-9)



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WE ARE
STRONG
TOGETHER
CAREER SUPPORT



Harrow
LONDON



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CEO Message

Local elections

With the local elections now over, it's a good time to contact your local councillor to find out what the council are doing to support carers like you. Councillors are there to help local citizens and if they don't know what is needed they can't help. Carers have a powerful story to tell about the benefits that caring brings to the person they care for, themselves as a carer and the whole community. Some councillors are also carers and will already appreciate what being a carer involves. Others are new to finding out about the immense role carers have in our society so why not let them know so that they can make sure all carers are supported as they should be? You can find out who your local councillor is by contacting Harrow Council or their web site here www.harrow.gov.uk/www2/mgMemberIndex.aspx?bcr=1

Carers Week

We are approaching Carers Week which runs from **Monday 11th—Sunday 17th June**.

This year's theme is **Healthy and Connected**. With increasing pressures being placed on carers' health, it's more important than ever that carers are linked with services that can support their wellbeing.

You will find details of the week we have planned on pages **10-12**. There's something for everyone and we hope that you can come along to one or more of the events. If you need help to be able to come, why not contact one of our dedicated team who will be delighted to help with respite, advice, information and practical support.

We also have lots of information about other events, services and activities including our employment support service "Working for Carers", our MacMillan Carers' Support service, respite breaks, outings, workshops and much more. If you want to contribute to future news bulletins, please feel free to contact us, we'll do our best to include all contributions.

Best wishes, **Mike Coker—CEO**

For regular updates, follow our social media pages:

Facebook: facebook.com/carers.harrow/

Twitter: twitter.com/harrowcarers

Instagram: Instagram.com/harrowcarers

Got a **photo** that you want featured in the next bulletin issue? Send it in to us at: admin@harrowcarers.org





Working for Carers

Working for Carers is a project co-funded by the Big Lottery Fund and European Social Fund, designed to fit with complex needs of unpaid carers, who have been involved throughout its creation.

This project has been designed to help enable unpaid carers to feel more employable, to develop skills and to move forward with town employment and/or training goals.

If you are planning to look for employment, gain more skills or just find out what options are available to you, our tailored and flexible service can help you to build strategies to move forward and achieve what once felt impossible.

Carers can access free support, designed to meet their individual needs. This may include:

- One-to-one support and advice.
- Group activities and training workshops.
- Support with writing CVs and interview techniques.
- Help with job-searching.
- Work experience opportunities.

The project is led by Carers Trust and delivered by its network of 24 partners across London, and is jointly funded by the Big Lottery Fund and European Social Fund.

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

Workshop Dates:		
Workshop Name	Date and Time	Location
Induction and Positivity Workshop (Two dates)	Date: 22nd May 2018 / 13th July 2018 Time: 10 – 2 pm	Harrow Carers 376-378 Pinner Road North Harrow Middlesex HA2 6DZ
CV Writing and Interview Techniques (Two dates)	Date: 29th May 2018 / 19th July 2018 Time: 10 – 2 pm	
Job Club (Two dates)	Date: 17th May 2018 / 28th July 2018 Time: 10am – 12pm	

For further information and dates for this and other workshops please visit our website - <https://www.harrowcarers.org/working-for-carers/working-carers-workshops/>

E: workingforcarers@harrowcarers.org

T: 0208 868 5224 Ext 218

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

Macmillan Cancer Carers Outreach And HomeVisits Service

Are you looking after someone living with Cancer? You may benefit from the **emotional, financial and practical** support the Macmillan Cancer Carers Service provides.

We offer information, advice and support in the following areas:

- **Welfare and grants benefits; and filling in application forms.**
- **Signposting to specialist services**
- **Hospital discharge and post discharge**
- **Support with improving your wellbeing and coping skills**
- **Socialising and networking with other carers and support groups**
- **Carers involvement on issues that are important to them**

For more information please call Victoria on: **02088685224** Ext.214 Mobile: **07523021166** or Email: Victoria.ozoigbo@harrowcarers.org.



Home Care

Need a break?

As a Carer do you need a break? Harrow Carers' **Homecare services** are offering a substantially reduced **respite service** for the first 40 Carers to join our new scheme. This can build up into a nice routine of breaks for you in the year and regularly thereafter.

What next? This service is just a phone call away!

Simply contact us at the Centre on **020 8868 5224**, 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.



Adult Services

How we can support Carers..



CNWL Recovery & Wellbeing College

The **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:

- 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

See below for workshop & dates.



Name of the workshop	Time	Date	Charges	Venue
Assertiveness (4 week course)	1.30pm-4pm	Thursday 10th May Thursday 17th May Thursday 24th May Thursday 21st May	Chargeable session	Harrow Carers Centre, 376-378 Pinner Road, North Harrow, Middlesex, HA2 6DZ



Mindfulness

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

Mindfulness is:

- a) About paying non-judgemental attention to the here and now
- b) Stepping out of the constant cycle of thoughts and emotions
- c) Proven to improve your psychological and physical wellbeing, it can reduce stress and enhance coping

Dates:

Wednesday 2nd May

Time: 10:30 to 11:30

Positive Psychology

A 5 week course based on positive psychology techniques to enhance psychological wellbeing. Improve your coping skills, build resiliency, and improve wellbeing. Also a great opportunity to meet others in a similar situation.

Dates:

Wednesday 30th May, 2018

Wednesday 6th June

Wednesday 13th June

Wednesday 20th June

Time: 1:30 to 3:30

Understanding Respiratory Conditions

A session to attend if you suffer or care for someone with respiratory condition.

Get an understanding of:

- Symptoms and behaviours (of someone with the condition)
- Therapies/medication/treatments
- Who's who that deals with these conditions e.g. GP, community nurse, oxygen supplies, etc.
- What services are available for people with the condition
- Carer coping skills/tips/experiences

If interested to attend please call us.

Date/Time: TBC (To be confirmed)

FREE TRAINING

For Carers in Harrow

Carer Led Dementia Awareness Training for Carers of People with Dementia

4 Week Courses Being Run

2.5 Hours Each Week

Small Groups

In a Relaxed Informal Environment

Coffee/Support Network Available Leading On From the Training

Delivered By an Experienced Full Time Unpaid Carer, Gill West Who Looks After a Family Member with Dementia

She also Volunteers At The Brilliant Day Centre Below, If You Are Interested In Finding Out More Please Contact:

Milmans Adult Resource Centre

Pinner Middx

on: 0208 736 6600

Booking a place on a course or workshop is compulsory. Please e-mail wellbeing@harrowcarers.org or call 020 8868 5224



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

Novus Homeshare



Novus Homeshare is a charity that matches people who want help or support around the house with people who need accommodation and are willing to help. Our service helps people from all walks of life in need of an extra helping hand at home. They have the opportunity to share life experiences and help each other in the process.

- A **Homesharer** is a person who is looking to live in an area, but cannot necessarily afford to rent or buy, they require a room in a location close to their place of work or study.
- A **Householder** is someone who owns a home and has a spare room, they could be looking for companionship, help around the house, someone to help them with their shopping or to make them feel safe.

Interested in Homesharing?

For more information, call in today: **033 0088 2225**
or email: enquiries@novus-homeshare.org.uk



www.novus-homeshare.org.uk

Training and Events



Yoga & Yogalates

Relax mind, body and soul with our yoga classes or try something new like yogalates (yoga + pilates) (Please try and bring your own mats, there are mats that can be provided but are limited and on a first come first serve basis.)

Yoga Every Tuesday 10am-11am

Yogalates every Wednesday 10.30am-11.30am

What you need to bring:

- Your own yoga mat
- A yoga block and strap are recommended
- A small blanket/cover for relaxation (optional)
- A bottle of water

Shiatsu

Shiatsu is a Japanese touch therapy that can maintain health and wellbeing and is a deeply relaxing treatment. It can help with a wide range of symptoms such as:

- **Headaches and Migraines**
- **Back, neck or shoulder pain**



A treatment lasts for about one hour with the receiver, fully clothed, lying on a futon on the floor or sitting on a chair. Treatment is performed through clothing.

Please register for a review session to find out more

MS Carers Support Group

Do you care for someone with **MS (Multiple Sclerosis)**? If so, come along to our carer led support group at Harrow Carers Centre!

4th Tuesday of the month, 11am-12:30pm

Next Groups are:

Tuesday 29th May & Tuesday 26th June

Bollywood dance

Come in and join the fun with our weekly bollywood dance classes, this is not an advanced class and is open to everyone to learn this beautiful dance form! (This class can get very crowded being one of our most popular classes so please make Shirley aware you are attending this class.) Please wear loose/comfortable clothing and please bring a bottle of water!

Every Monday 11.30am – 12.30pm at Savoy Court



Mental Health Drop In at Harrow Carers

April - 13th, 27th

May - 11th, 25th

1.30pm—3.30pm

Coffee and Cakes

Coffee and cakes has now come back to Harrow Carers, so please come and join us for a sweet treat! This is a great opportunity for those who would like to come and socialise with other carers for a little while or maybe just to get out the house for a few hours?

Worried about leaving your loved one on their own? That's fine you can bring them too!

If you are a wheelchair user please call and let us know so we can make arrangements for you!



May 4th— 12.30pm - 2.30pm

Arts for Healing

You do not need to be Picasso to join in on our lovely arts and crafts group! You just need to be willing to have fun and maybe get your fingers a little sticky from glue! This is a great social group for carers, it is nice to take some time out for yourself to relax and enjoy the moment with other likeminded carers!

May 10th, 24th— Flower Arrangements

Computer Course

COME TO THE NEXT COMPUTER COURSE !

4 mornings in May **10.30am – 12.30pm (Free to everybody)**

Dates: **Tuesday 8th, Monday 14th, Monday 21st & Tuesday 29th (bank holidays remember)**

You will learn:

Typing and formatting documents

Adding pictures – so you can create posters like this one . . .

Making it easier for you to use most other computer programs/ applications

Ask any question about computers and we will answer it – however simple or complicated

We will help you practise on our laptops and teach you how to use any function of Word processing



Reserve your place:

Ring Shirley Sandford on 0208 868 5224

July's Course - "Going Online" (Pre-book now!)



Harrow Carers Centre would like to say a **BIG thank you** to Komali, her staff and customers of the **Co-op** store in *St Andrews Road, South Oxhey*, who kindly donated **£3864.80**.

The money will be allocated to **supporting our unpaid carer's and sustaining the services** we can offer them.

				7	5		
7		1				4	
5					2		
		1	3	9			8
3			7	8	6		4
8				4	1	7	
		8					9
	5				3		1
		4	6				

Allotment Planning Meeting

Please come in and meet Shirley to discuss the allotment. This is a great chance to give us your thoughts and idea's so we can start gardening! If the weather is nice we can walk to the allotment so you can see it yourself!

Date: Friday 11th May
Time: 11am-12.30pm



Fun Facts...

The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.

Ice pops were invented in 1905 by an 11 year old boy.

Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.



Carers Week 11—17 June 2018

Supporting Carers to be Healthy and Connected

This years Carers Week theme is about supporting carers to be Healthy and Connected.

Caring can be a hugely rewarding experience, enriching relationships and bringing satisfaction and well-being. However, caring for others often comes at a cost to carers' own health and well-being as they put their own health and well being needs to the back of the queue.

To be Healthy and Connected, carers need the information and practical support to care safely without harming their own physical and mental health and the right advice and financial support to be able to stay fit and eat healthily. Carers need access to breaks – from a few hours to a couple of weeks – to recharge the batteries and maintain a life of their own alongside caring.

Facts about Carers:

- By 2037, there will be **nine million carers** in the UK.
- Over half of carers (**54%**) reported that they have reduced the amount of exercise they take because of caring and **45%** reported that they have found it difficult to maintain a balanced diet.
- **7 in 10** carers (**69%**) said they find it difficult to get a good night's sleep because of their caring role.
- **3 in 5** carers have a long term health condition
- Carers who had felt lonely or isolated were almost twice as likely to report worsened mental (**77%**) and physical (**67%**) health

This alone shows us all that progressive steps must take place to ensure that we as a society remain united and provide the much needed support that is required.

Find out more about Carers Week at www.carersweek.org

We are working hard to make this Carers Week a big celebration of caring and all the great things you do as carers, all you have to do is come along. Harrow Carers are having an **Open Day on Monday 11th June 2018**. Come along and meet the staff who are committed to making all carers lives easier within our vastly diverse community. We would love to see you.





Carers Week Events & Schedules

Monday 11th June:

10am – 4pm:

OPEN DAY at Harrow Carers Centre

Drop in on this information day and meet staff from Harrow Carers as well as other local organisations.

Tuesday 12th June:

10am – 11am:

Carers Health & Wellbeing Taster Workshops

Positive Psychology

11.30am - 12.30pm:

Mindfulness

1.30pm – 2.30pm:

Relaxation

3.00pm – 4.00pm:

Sleep Management

Wednesday 13th June:

9.45am:

Niland Centre Day Retreat

Harrow Carers pickup

10.00am:

Wealdstone pickup

10.30am—12.30pm:

Taster therapies sessions and activities

12.00pm—12.30pm:

Mayors Speech

12.30pm—1.30pm:

Lunch

1.30pm—2.45pm:

Taster therapies sessions and activities continued

3.00pm:

Coach departs Niland Centre

Thursday 14th June:

10am – 4pm

Harrow Carers Centre at Northwick Park Hospital

Drop in on this general information day as we continue our pledge to raise local community awareness.

11am - 1pm

Carers Action Group at Harrow Carers Centre

A morning of presentations, Q&A on accessing health services and other related topics chosen by carers.

2pm - 4pm

Your Health Matters! at Harrow Carers Centre

Join us for an open discussion on how to improve your general health and wellbeing.

Friday 15th June:

Carers Week Lunch – Beefeater Travellers Rest

Kenton Road, Harrow, HA3 8AT

Must book before 1st June 2018. **Vegan** and **Vegetarian** options available. **Carers must pay for themselves!**

Visit www.beefeater.co.uk for menu

Saturday 16th June:

8.45am – 11.45am

Young Carers Go Ape Outing (Young Carers only)

For all bookings, please call **020 8868 5224** or email admin@harrowcarers.org. Please note that the Carers Week schedule may be subject to change.



Niland Centre Retreat Day

Wednesday 13th 2018

As part of the Harrow Carers tradition - its time to head to Niland Centre for a day of pampering and relaxation! Come along for the day, a day of celebration for you the carers!

Programme for the day will include some of the following:

- **Pampering taster sessions** ranging from Indian Head Massage, Acupressure, Threading, Henna Art & Complimentary therapy
- **Workshops** including arts and craft
- **Entertainment** such as Indian dancing, dress jewellery stall, photo booth & games
- **Signposting** you to some of the best caring advice available
- **Guest Speaker** - Mayor of Harrow speech on supporting carers to stay healthy and connected.

Lunch will be provided, but you must call to confirm your buffet choice: **Vegetarian or non-vegetarian option.**

To avoid disappointment please call us on **020 8868 5224** and let us know that you are coming. You will need to book for complimentary therapy, coach seat and lunch choice.

How to get there:

Directions by car: From central Harrow (Northbound) A404 Northbound to Bushey Heath, at Junction take 1st exit to Elstree Road (A411) the Niland Centre is to the right-side, 1/2 mile from bus stop on London Road.

Please note that there is limited parking on the day. Additional parking will be available on the side streets.

London Transport: Jubilee Line to Stanmore Tube Station

London Bus: 142 & 258 towards Watford and 306 towards Elstree.

A Carers' comment from the Retreat Day in 2017:

"It was my very first visit, it was very enjoyable and I had the chance to socialise with many people. The venue was beautiful and it was lovely to get some fresh air in the beautiful weather"

JOIN US!

13th June 2018

Niland Centre,

Rosary Priory,

93 Elstree Road

Bushey, WD23 4EE

10.30am till 3pm

Pick up point 1

9.45am from Harrow Carers Centre

BOOK YOUR SPACE NOW

Limited Spaces on Transport

Pick up point 2

10am from Bentley House, Wealdstone

BOOK YOUR SPACE NOW

Limited Spaces on Transport

Departing Niland Centre:

3pm PROMPTLY

Brought back to Harrow Carers Centre

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

