

Harrow Carers

February—April 2019 Bulletin | harrowcarers.org

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

Registered Charity



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Find us @harrowcarers...



and like us on Facebook!

CEO's Message

NHS Long Term Plan

On 7th January 2019, the government issued their [NHS Long Term Plan](#). Carers Trust and Carers UK have looked at the plan from a national perspective to see how it might affect carers. You can find the key messages by clicking here [Carers Trust](#) and [Carers UK](#).



Vacancies for Care Support Staff

We currently have vacancies for caring staff to work in our Homecare service, supporting people so that their carers can get a break. If you know anyone who may be suitable, please let them know about us and ask them to contact our team on 03300 882224.

Long Ducker and Big Give

We want to say a huge THANK YOU! to all the people who supported our fundraising efforts at the end of last year through [The Big Give](#) and The [Long Ducker](#) fun run organised by Harrow School. We raised over £75,000 between the two events to help provide support for carers in Harrow with a special focus on supporting young carers.

Our new web site

Last but not least, Please take a look at our new web site which has just been launched www.harrowcarers.org. We hope you will find it informative, useful and easy to navigate. If you have any ideas about what you would like to see on the new web site, we'd love to hear from you so please get in touch.

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/



We also have a new weekly email that goes out to all of our carers to update everyone on a more regular basis, if you would like to be receiving these emails please let us know by emailing or

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

Harrow Carers Notice

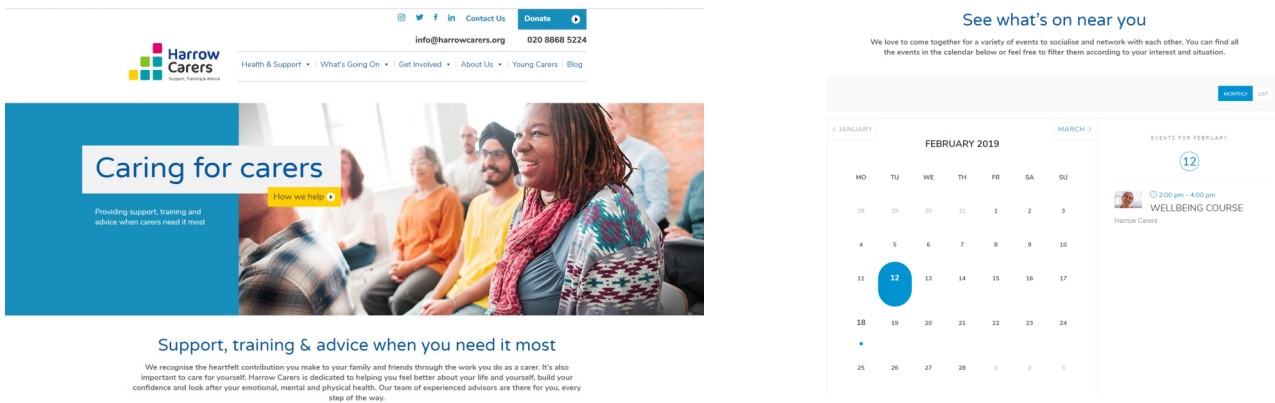
Harrow Carers' privacy statement.

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

Our New Website!

After months of secret development we recently launched our brand new website! We put hours into ensuring all the functionality that would be needed for the carers of Harrow to have an easy experience navigating the pages loaded with information. We have rebuilt everything from the ground up to provide more information than before creating a hub for carers of Harrow.



A new events system allows you to find out the latest events planned by us for you and an easy booking system to make sure you're not missing out. Check it out at: www.harrowcarers.org.

We aim to treat our website like a living and growing aid for all of those in Harrow and beyond. New pages and expanded information will be added over time to ensure that we have everything you could need for when you need it.

If you have any problems navigating the website at all please do let us know as soon as possible via email, phone or in person as we need to make sure that everyone's experience on the website goes as smooth as possible so no-one has any issues accessing key information. For any issues you do experience please do contact us at the methods below!

Email: admin@harrowcarers.org Telephone: 02088685224 You can also reach us via Social media listed.

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Adult Services

How we support Carers...

Skill Building

Arts & Crafts, Training and Events, First Aid, Health & Safety, Back Care, Computer Courses, Language

Recreation

Monthly Outings, Coffee & Cakes, Expert Talks, Allotment, Drop-in groups, Quiz Nights and more!

Financial Advice

Information and advice on benefits, Form filling for benefit applications and Home visits.

Physical Health

Shiatsu massage, Yoga, Yogalates, Indian Fusion Dance, Thai Chi and more...

Mental Health

Variety of workshops including mindfulness, Mental Health drop in support group and counselling.

<u>Indian Dance Fusion</u>	<u>Lunch Group</u>	<u>Tai Chi</u>	<u>Yogalates</u>	<u>Yoga</u>
Every Monday.	Every Monday.	Every Monday.	Every Tuesday.	Every Wednesday.
11:30—12:30	12:30—13:30	13:45—14:45	9:45—10:45	10:30—11:30
At Savoy Court.	At Harrow Carers	At Savoy Court.	At Savoy Court.	At Savoy Court.

Completion of Benefit Application forms

For carers who have not taken up membership, we will be unable to continue to complete benefit forms free of charge, and therefore from 1st November 2018 will introduce a charging scale for completion of application forms.

A) Completion of benefit form at office - £15

B) Completion of benefit form at home - £20

C) Mandatory reconsideration letter - £15

Members and those on their six week reablement programmes following inductions and reviews will continue to enjoy the assistance of our highly experience benefit advisors as part of their membership package.

See the Events and Services Timetable for more upcoming events. (Page 15)

Please book to attend, call the number below or e-mail: Wellbeing@harrowcarers.org

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

Membership—Why Become a Member?

For those carers already accessing the services at Harrow Carers, they have already discovered that membership really is good value, for a small weekly cost of just £1.92 or £2.30 if paying by direct debit, gives you access to all our activities and events.

Costs for dance or fitness classes average between £7-12 per class at leisure centres across the borough. For example, a yoga class at Harrow Leisure centre would cost you £8.70 for each session. We are able to offer a range of weekly yoga, dance and Tai Chi classes and a great deal more.

What do you get for membership versus non membership?

Comparative monthly costs elsewhere

- Yoga class £8.70 x 4 = £38.80
- Yoyalates £8.70 x 4 = £38.80
- Bollywood dance classes
£7.80 x 4 = £31.20
- Massage = £40 per hour
- Tai Chi - £5.50 x 4 = £22
- Outings - £10 on bus
to St Albans
- Mindfulness course - £160



Membership monthly cost

- Yoga and Yoyalates.
- Indian fusion dance.
- Tai Chi.
- Three different monthly drop in groups.
- Arts and Crafts.
- Monthly outings
- Massages
- 4 Week wellbeing workshops and much more...

= **£340.80**

= **£10 (or £8.34 annual price)**

(Prices for non-membership have been calculated from local leisure centre classes costs and current Harrow Carers' facilitators private costs.)

The annual membership fee is £120, reduced to £100 if paid annually in advance (saving £20 per annum) alternatively you can also pay £10 per month by direct debit. At just £1.92 per week, its less than a cup of coffee.

If you are struggling to make the monthly payment and would like to join as a member then you can **ask to get a Carers' Assessment** completed by Harrow Council and they may be able to give you a personal budget to spend on our services.

Monthly Outings

From the November monthly outing, carers who are non-members will be able to attend trips for a charge of £10 plus any payable entrance fees. We will continue to offer space for cared for at a charge of £10 plus entrance fee subject to availability of space on the coach.

Macmillan Cancer Carers Outreach And Home Visits



Service



Harrow Carers offers support for 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 their specific needs, including help with paying for:

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

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

If you are supporting a family member, friend or a neighbour 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 support.

Working for Carers Performance in 2018!

At the end of September 2018, 576 carers had registered with the Working for Carers project. The registered carers are from all 33 London boroughs: ([Download the full report online](#))

- 88 carers have gained employment and 41 have started an education or training course.
- Nearly 60% have been supported to apply for jobs, and 39 are now job-searching independently.
- 56% have attended Working for Carers workshops or external training while supported by the project.
- 81 participants have had volunteering opportunities.
- 86 have been referred to other specialist support, and 265 have proactively looked after their health and wellbeing.
- 286 have shown improvements against their tailored action plans.
- 237 have reported increased confidence, and 238 said they had gained new skills and experiences.

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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. \(Page 14\)](#)

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

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

Funding:

We continue to have a rigorous fundraising drive. We would like to thank the following organisations for working hard in raising money for young carers and supporting our work: Pinner Rotary and The Inner Wheel Club of Northwick Park, Young Harrow Foundation, Jack Petchey Foundation Harrow School have also nominated Harrow Young Carers as their charity of the year for 2019 and this will bring in substantial funding for us. This will be spent on education and an additional residential outing for young carers to name a few.

Education:

From January 2019 we are hoping to offer tutoring and mentoring for young carers in Maths, English Science mainly and we are hoping to offer this from Year 8 to Year 11. If anyone is interested please let either Nisha know at the drop in or let us know when you book an event or just call in – 020 8868 5224. We are gathering interest at the moment. More definite plans will be sent to you later in the year.

Counselling Services for Young Carers:

We are hoping to introduce a qualified Young Peoples Counsellor for our young carers. The sessions will be available in the evening at Harrow Carers office.. If you are interested and would like more information or advice contact Nisha Thakershi on 020 8868 5224.

Email: youngcarers@harrowcarers.org

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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.

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

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

See page 13 for more information.



NEW Events + Competition!

Please register your interest for the following new groups:

Meditation—Join a serene and calm environment to meditate in and clear your mind.

Games Extravaganza—Share top banter with other carers and compete with some fun games.

Book Club—Discover new books or recommend long favourites with others. We all could use a good read.

Cooking Class—Would you like to teach your fellow carers how to whip up your favourite dish? Or perhaps you just want to find out how to get cooking in the kitchen... Let us know and we'll make it happen

Film Club—Experience moments of escapism in showings of some great films that you'll love to watch.

We also have a competition running that could get your photography on the cover of the next bulletin!

Theme: Caring

Closing date: 1st May 2019

Prize: Your photograph features on the Front cover of the News Bulletin and features on our social media pages

Send your photographs to shirley.sandford@harrowcarers.org

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Homecare

The Respite for Carers service aims to offer regular breaks for unpaid carers looking after someone with physical or learning disabilities, dementia, autism, special needs and/or ADHD. Our fantastic Care Support Workers receive a full induction and relevant on-going training to enable them to provide respite in a safe and secure environment, thereby enabling carers to take a break from their caring role. The Care Support Workers complete a (DBS) check and sign a confidentiality statement.

See our recent promotional film showing Geraldine, Paul and Joseph's story on our Youtube Channel and Facebook page: www.youtube.com/harrowcarers

We aim to provide a person centred, bespoke respite service to help maintain the health and wellbeing of all unpaid carers in the London Borough of Harrow. Once people are identified and referred to Harrow Carers we will:

- Arrange to visit the carer at home to carry out a care needs assessment, including a risk assessment and behavioural and emergency medical assessment if applicable. This is to ensure that all aspects of safety are covered and enables us to ensure we can meet the needs of the carer and the cared-for.
- Develop a user-led personal care plan with, and agreed by, the carer. The actual provision of care will be part of the personal service user plan and will be agreed by both Harrow Carers and the carer.
- An annual reassessment of personal care plans or sooner if there is a change of circumstances. This is to ensure that Harrow Carers continues to deliver a first class service to the carer.
- Providing minimum respite of one and up to as many hours as required each day for carers.
- Providing out of office hours mobile telephone contacts for the carer and our Care Support Workers.
- Office hours are Monday to Friday, 09:00 – 17:00. **(03300 88 2224)**

Price structure as from Monday 4th March 2019

Our current standard rate charge for the Homecare service delivered from Monday to Friday is £14.00 an hour.

As from Monday 4th of March 2019 our Homecare rates will change as follows;

- Monday to Friday: £17.50 an hour
- Weekend rates starting from 6pm Friday evening to 7am Monday morning £20.00 an hour.

In order to keep up with pay rates as they increase in the future, we are introducing a 2% annual increase which will allow us to meet the demands of providing you with a continued high quality service into the future.

The new prices will also be more competitive than the UKHCA's (United Kingdom Home Care Association) minimum sustainable price for local authority care provision which is £18.01 per hour. These rates are calculated to cover the costs of care including; care workers' pay, travel time, travel costs, training and the providers' requirement to operate a high-quality, sustainable service.

We will keep you informed from time to time when these rates change.

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Homecare Staff Needed

RECRUITING NEW CARE SUPPORT WORKERS!!!

We are seeking to recruit Care Support Workers who are able to live our workplace culture based on respect and dignity for those in need of care and support and assist with Double-Up Care calls in Harrow and surrounding areas.

We're keen to recruit someone with the right values and behaviors who can help us ensure our workplace values are at the heart of everything they do. Our values are:

Dignity and respect, Commitment to quality care and support, Working passionately together as a team.

Do you share these values? If so, please read on...

JOB TITLE: Care Support Worker

SALARY: £9.50 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, Live-in Carer

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.

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Events Around Harrow

Events in Harrow

General Auction

2nd February: 11:00—13:00

South Harrow Baptist Church, Northolt Road.

London Bookshop Crawl

8th February: 09:00-22:00

Foyles, Charing Cross Road, WC2H 0DT

Supporting You With Mobile Banking

22nd February: 10:00—11:30

Gayton Library, 5 St Johns Road, HA1 2EE

Value Propositioning and Marketing Workshop

25th February: 09:30-16:00

Civic 1, Civic Centre Station Road, Harrow, HA1 2XY

Business Finance Workshop

4th March: 09:30-16:00

Civic 1, Civic Centre Station Road, Harrow, HA1 2XY

Harrow Business Den 2019: Final

13th March: 17:30—21:00

Civic 1, Civic Centre Station Road, Harrow, HA1 2XY

Book sessions via the [Harrow Council Website](#)

NEW Sessions

BDP and EUDP Carers Support sessions

Every last Monday of the month: 19:00—21:00

Contact for more details:

07986783174—BPDBooking@Yahoo.co.uk



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

UK Registered Charity 1142811

Do You Keep up With the Neighbourhood Watch?

Harrow's neighbourhood watch newsletters are key to keeping safe in your area and being a good neighbour. [See their e-newsletter here](#) or search OUR NEWS Neighbourhood watch Harrow.



Make Sure You're Crime Safe...

Use the hand neighbourhood watch crime toolkit to make sure that you're safe from potential crimes. See advice for a number of potential crimes that you can prevent using the tool kit provided. Go to www.ourwatch.org.uk/crimes to see the types of crime you may be susceptible to.

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What's Going On?

Computing Courses



General Seminar

Come in and ask us any questions you have about the technology you have, your computer/laptop, mobile phone or tablet device, come on down.

4th March & 6th May 2019: 10.30 – 12.30

Introduction to Computers

For those who need help getting up and running on how to use their computers for general tasks.

3 week course

11th, 18th & 25th March 2019: 10.30 – 12.30

Microsoft Word Use

Learn the basics of how to use MS Word.

3 week course

13th, 20th & 28th May 2019: 10.30 – 12.30

Online Scam Awareness

Natwest show you how to stay safe online and know how to spot a scam!

12th March 2019: 11:00—13:00

(If course a has already started and you'd still like to join...

Please book via email to Shirley.sandford@harrowcarers.org)

Allotment

Calling out to carers who are green fingered, would you like to be the lead on our allotment group?

Would you like to help teach someone the basic skills of gardening?

Please let Shirley know as we will be running a meeting on Tuesday 26th time to be confirmed.

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.



Introduction to Managing Stress by CNWL

Wednesday 20th March - 12:00—16:00

Please book this event via CNWL below.

****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

www.cnwl.nhs.uk/recoverycollege

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

Working for Carers



Cover Letter and Interview Techniques

Tuesday 5th February: 10:00-14:00



Induction and Positivity Workshop

Wednesday 3rd April: 10:00-14:00



Job Club

Tuesday 19th February: 10:00-12:00



Cover Letter and Interview Techniques

Wednesday 17th April: 10:00-14:00



Job Club

Wednesday 24th April: 10:00-12:00

Wellbeing Services



Coping With Change Course

Being a carer you go through many life changes that can be overwhelming and causing of stress, anxiety or depression. This course will help you understand changes and losses that happen in times like loss of independence, future, relations etc. Build resilience and strength to help you to take care of yourself.

Understanding Change and Grief

Tuesday 12th February: 14:00—16:00

Building Resilience

Tuesday 19th February: 14:00—16:00

Optimism & Positive Psychology

Tuesday 26th February: 14:00—16:00

Understanding ABC Steps and Coping Strategies

Tuesday 5th March: 14:00—16:00



Sleep Well

18th February: 14:00—16:00

If you are having trouble falling asleep and staying asleep, this session is for you.

Understanding Dementia

26th March: 10:30—12:30

Get an understanding on different types of dementia. Learn some caring tips on how to deal with a cared-for with dementia.

Email to book: wellbeing@harrowcarers.org

Call to book: 02088685224 ext. 219

Email to book: workingforcarers@harrowcarers.org

Call to book: 0208 868 5224 Ext 218

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Events and Services Timetable

Adult Services



First Aid Training

This will now be conducted by Red Cross, April date to be confirmed but please register interest in advance.



Mental Health Carers Drop in Sessions

Every 2nd and 4th Friday of the month: 13:30—15:30

Multiple Sclerosis Support Group

4th Tuesday of every month: 11:00—12:30



Quiz Night!

A new quiz night starting up to test your Harrow trivia!

Friday—5th April 2019: 18:00—20:00



Arts and Crafts (Fortnightly)

Arts and Crafts—Thursdays: 11:00—14:00

February 7th & 14th: Button Arts.

February 21st & 28th: DIY picture/photo Frames

March 14th: T-Shirt Painting .

March 28th: Batik (Wax clothing colouring).

April 4th & 11th: Flower Arranging .

April 18th & 25th: Flower Stamping on canvas'.

May 9th & 23rd: DIY Bath Bombs and Salts.



Coffee and Cakes

Come and enjoy some coffee, cakes and company of other carers.

Friday—1st March: 10:00—12:00

Friday—5th April: 10:00—12:00

Friday—3rd May 10:00—12:00



Monthly Outings

British Museum

Tuesday—26th February 2019: 10:00—15:00

London Walking Tour

March, date to be confirmed.

Kew Gardens

April, date to be confirmed.

Please register interest in advance.



DWP Universal Credit Talk

Thursday—14th March: 13:00—16:00

HELP! Any Therapists available?

If you know someone who can provide any complimentary therapies i.e. Massages, Aromatherapy, Reiki etc please contact us asap!

Email to book: communications@harrowcarers.org

Call to book: 02088685224 ext. 221

Want to Advertise Here?

At Harrow Carers we're always trying our best to make sure we're doing as much as we can for the community of Harrow and it's carers. These bulletins go out to over 2,000 people every three months and over half of those being print copies. Since we print our copies and send them out the bulletins can cost a lot to make which is why we've made the decision to start offering space to local organisations who want to advertise on our bulletins. We know that adverts could become tedious and potentially annoying which is why we're aiming to promote the services that we think will really benefit our carers and the community so we can continue to be informative and useful to you, the carers.

If you would like to advertise in the next bulletin. Please Call 02088685224 to request a media pack with information.

Why Donate?

Harrow Carers relies on the goodwill of the community to survive as a charity. We are not a part of the council and operate within the community independently as a non-profit organisation. Donations can help us continue to run our services and employ the great staff members we have on board with us. As well as contributing to the survival of the company, donations can help us improve as we use the funds to create new services and provide better support to the carers of Harrow.

£1 a month could pay towards complementary therapies

£3 a month could pay towards the drop-in sessions our Young Carers Outreach workers conduct at Schools, where they are free to relax, socialise and do arts and crafts.

£5 a month could pay towards counselling and training to help a mental health carer to cope better in their caring role. We can think of a number of reasons why you would enjoy donating to Harrow Carers:

We're not like others; we're not taking a little piece of the pie like some of the other charities out there. We know that you'd want the money to really have an impact.

You can help us help others: we help thousands of carers in Harrow improve their daily lives in a number of ways.

With better funding we could reach out and accommodate more carers and help as many people as we can.

We wouldn't survive without it: many people depend on our services to help them get through issues and situations, using our services such as counselling or mental health sessions which are all provided for carers by us so they don't have to spend large sums of money privately. These services have a cost to maintain and without funding we would have no way to keep them going.

Every little helps; even if you donated 1p or 1 pound the numbers add up. Every bit of money that is donated can help keep a lightbulb lit or help a carer get advice, we appreciate all donations we receive from the community because we understand no matter the size of the donation your contribution is important.

A long lasting impact: within Harrow Carers we work with a range of age groups and have many young carers with us. Donations to help us continue our work with these young kids can have a massive impact on their futures. Our help today could impact their growth tomorrow and aid them in having a better life.

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