

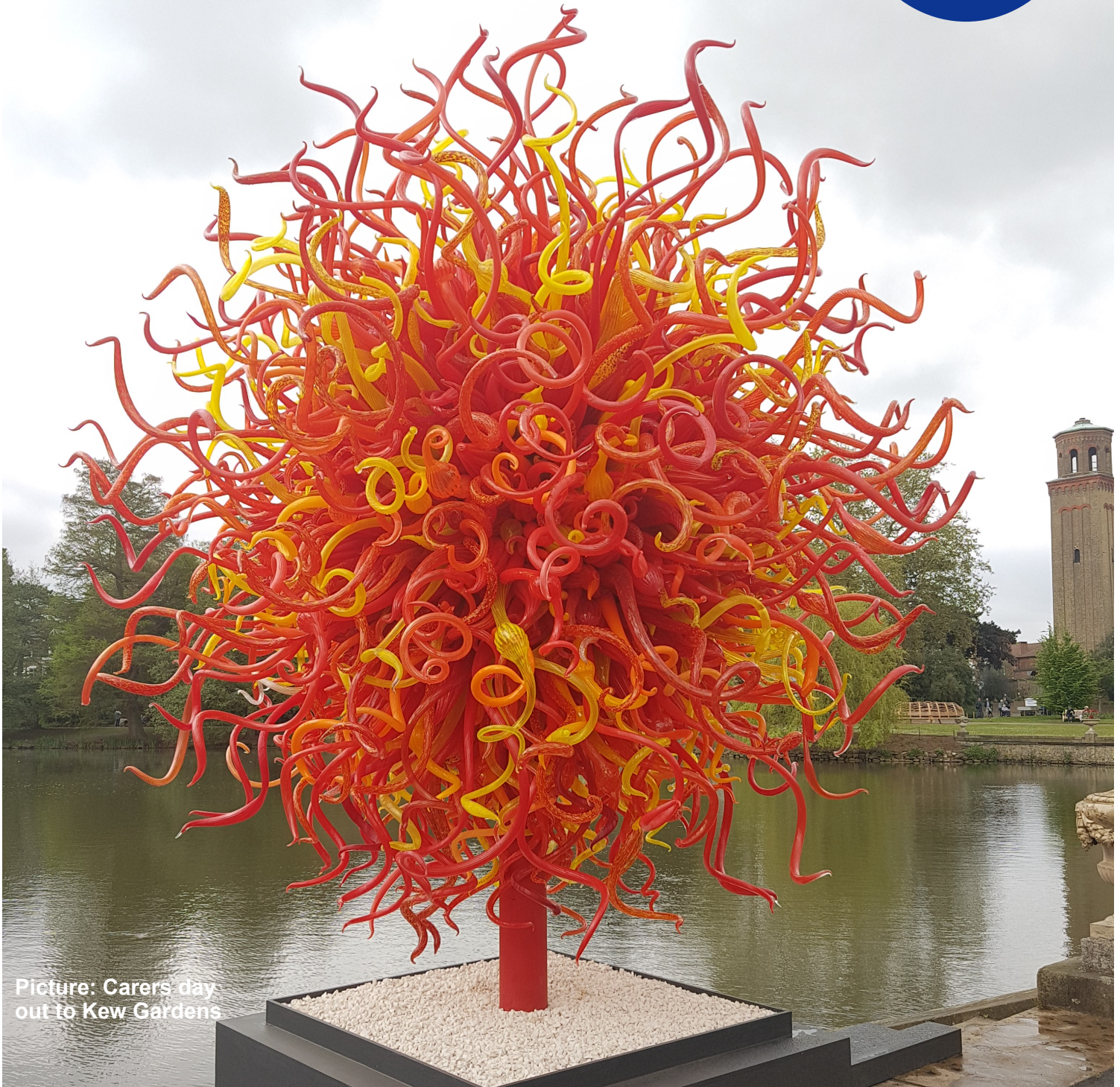


Harrow Carers

May—July 2019 Bulletin | harrowcarers.org

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

Registered Charity
No. 1062149



Picture: Carers day out to Kew Gardens



Find us @harrowcarers...



and like us on Facebook!

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CEO's Message

Now we're heading into summer, we are looking forward to Carers Week 10-16 June and the exciting range of activities which will be happening throughout the week which you will see throughout this bulletin. The theme for the week is "Getting Carers Connected" so I look forward to seeing many of you during the week which is a chance to catch up with old friends and find out about new things which are going on.



We are proud to be working with Harrow Patient Participation Network to launch a new information booklet for carers which will be going into all local GP practices during Carers Week. Look out for it if you visit your GP or if you want one directly from us, please call the office and we can get one to you.

We have been working closely with Harrow CCG, Harrow Council and Public Health in Harrow to develop plans for more integrated care systems so that the experience of patients and carers is more joined up with less referrals to other services and a team to meet all of the patient's needs. As part of this work there is a new Integrated Care team based at Honey Pot Lane who are piloting the new way of working. This is a very exciting development which could transform the way care is delivered for patients in Harrow. We are also working together to develop a new Admiral Nurse service for people with dementia and their carers in Harrow. We hope to have more news later in the year about this.

A special thanks goes out to Rasik Shah, former captain of Pinner Hill Golf Club who made Harrow Carers one of his charities to support in his year as club captain. A generous donation of £1,500 was made which will help us to provide much needed support for carers in Harrow. Thanks also to Pinner Rotary for their £1,000 donation towards our young carers' activities.

In case you hadn't noticed, we launched our new web site in January www.harrowcarers.org. We hope you like the new look and feel and you find it easy to find your way around. If you have any suggestions for improving it further, please email our web master at info@harrowcarers.org. Finally, our young carers team is now on Instagram. You can follow us on [@harrow.youngcarers](https://www.instagram.com/harrow.youngcarers) and if you're not already doing so, please see what's going on through our new web site www.harrowcarers.org and our other social media channels below.

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](https://www.instagram.com/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 calling us.

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

Carers Week 2019

Monday 10th June Outreach Day

The team are out and about promoting our services in the local community, so there will be less staff members available at the office on this day. It is very important for us to get out there and make sure all the carers in Harrow know about us!

If you would like to come out and join us on our mission to spread the word of support, then please contact a member of staff!

Tuesday 11th June Wellbeing Taster Day

Come by and try the events we have planned to give you a taste of everything we have to offer! (Registration is a must)

Wednesday 12th June Carers Retreat Day—Niland Centre

The carers retreat day is a day for all of our carers to come and relax and enjoy themselves in a beautiful countryside setting. A day of appreciation for all the hard work you do! The day will consist of a range of activities and therapies for you to participate in along with a hot lunch for you to enjoy!

Thursday 13th June Training Day

Join us in sessions covering crime prevention and first aid to enhance your skills as a carer.

Friday 14th June Community Day

Celebrate the carers community together with a light lunch and entertainment.

To stay updated please check Harrow Carers webpage for more information on Carers Week

See full itinerary for all days on the last page (backpage) and page 15 for the Carers Retreat day.

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Adult Services

The adult services department takes care in helping carers in their day to day life, we provide the following for carers in Harrow...

Skill Building

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

Recreation

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

Financial Advice

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

Physical Health

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

Mental Health

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

Indian Dance Fusion

Every Monday.
11:30—12:30
At Savoy Court.

Lunch Group

Every Monday.
12:30—13:30
At Harrow Carers.

Tai Chi

Every Monday.
13:45—14:45
At Savoy Court.

Yoga

Every Tuesday
+ Wednesday.
9:30—10:30

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. Since 2018 a charging scale for completion of application forms has been in effect:

- 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 experienced benefit advisors as part of their membership package.



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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
- Yogalates £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



= £340.80

Membership monthly cost

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

= £10 (Or £100 for a Year)

(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.

See the Events and Services Timetable for more upcoming events. (Page 12)

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



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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.



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

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 1000 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



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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. Working for Carers is funded by the European Social Fund and The National Lottery Community Fund.

See an example of the work we do in our film featuring John Lewis on the Harrow Carers Youtube Channel: <https://www.youtube.com/watch?v=r-3B3gL5ZFW>

Our aims are:

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

We offer a bespoke one—to—one 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)

These workshops are for participants of the Working for Carers Programme – please contact us if you would like to register for this programme – 020 8868 5224 Ext 218

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

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Supporting Young Carers

Who is a Young Carer?

A young person aged 17 or under who carers for a family member who may suffer with an illness, disability, mental health or addiction/substance misuse.

What do Young Carers do?

Young Carers have many responsibilities, these are some examples of their responsibilities:

- ⇒ Cleaning up their home
- ⇒ Cooking for themselves, siblings or loved ones
- ⇒ Attending doctors appointments with their loved ones
- ⇒ Dropping/collecting siblings from school
- ⇒ Handling medication
- ⇒ Showering/bathing siblings or loved ones
- ⇒ Providing emotional support



Why should you get involved?

Everyone needs a break. Advice, support and fun is available just for you. Meet other young people who are in a similar position to you and have fun together.

When can you sign up and join the fun?

SIGN UP ANYTIME AND THE FUN WILL FOLLOW!

Contact our lovely Young Carers project team via email or call 02088685224

The Young Carers team will send you out all the information on all the activities taking place!

How to find out more?

Visit our website: www.harrowcarers.org/young-carers/

Instagram: @Harrow.YoungCarers

School: We currently work in 10 secondary schools within Harrow. (We might be in your school)

VOLUNTEERS NEEDED

We are in need of volunteers for our Summer Programme starting July! If you are interested in giving your time to support these remarkable young people on trips out or weekends away please let us know!

Email: youngcarers@harrowcarers.org **Phone:** 02088685224 ext. 222



Harrow Young Carers project will have an exciting 2019 due to the generous support from our funders. A **BIG THANK YOU** to: BBC Small Grants, Harrow School, John Lyon's Charity and Pinner Rotary!

Young Carers Summer Programme!

Harrow Young Carers team are excited to share with you the following **FANTASTIC, FUN** activities we have coming up over the next few months. Please note, you must be registered with the Young Carers team to take part in the activities listed.

JUNE

Go Ape (22nd June) – Explore Black Park via an exciting treetop adventure rope course! **(FREE)**

JULY

Tall Ships with Harrow Boys School (8th - 14th July 2019) – This fantastic trip allows 5 young carers to spend 7 days on board a yacht working as a team where they will get involved in all aspects of sailing. **(FREE – Spaces have been filled)**

End of School Year PARTY! (10th July 2019) - All 10 Secondary Schools we work in will be getting together for the day to enjoy sports, arts and crafts, a talent show, food and much more! **(FREE)**

Army Challenge Weekend (19th - 21st July 2019) - Challenge Weekend is all about fun and team work! You will learn many new skills and build new friendships in a safe, exciting environment. **(FREE)**

Thorpe Park (24th July 2019) – If you like heights, speed and adrenaline this day out is for you! Even if you don't like the rides you can come along for a great day out and make new friends **(FREE)**

NHS Health Champion Weekend (26th - 28th July 2019) – Have your say and make changes for Young Carers in Harrow and across the UK? Join in the NHS Champion Weekend, gain new skills and make a difference. You will be involved in three supported weekend trips around the UK over a 12-month period. **(FREE)**

AUGUST

Fire Station trip (7th July 2019) - Meet the Harrow Fire Fighters. Explore the fire station, play games and get to know the team! **(FREE)**

Young Carers Sport Day at Harrow Leisure Centre (13th August 2019) - Try out the brand new fun facilities: climbing wall, badminton, table tennis, football and much more! Prizes to be won! **(FREE)**

Create Arts (20th-22nd) – Three-day PAINTING workshop! Enhance your skills or bring out your creative side. Work with a professional painter, all equipment will be provided free. Receive a certificate and keep your master piece. **(FREE)**

Young Carers Update

SPRING PROGRAMME—Half way through the Spring Programme, Fantastic turn out for the Cinema morning and 3 day filmmaking workshop.

BIG THANK YOU - PINNER ROTARY | TREFOIL GUILD for generously supporting Harrow Young Carers by hosting fundraisers. This kind of support allows us to provide more support and activities for the growing number of Young Carers in Harrow!

CARERS WEEK - (10th – 14th June 2019) – Nisha, our Young Carers Schools Outreach Worker, will be carrying out a competition within the Schools.

SPORTS EQUIPMENT—If anyone has any sports equipment which they could donate for the young carers' use (e.g. cricket bats, footballs, badminton rackets etc) please contact us

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Email Address: admin@harrowcarers.org

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)**

We recently underwent annual inspection from the Care Quality Commission (CQC) and achieved a 'GOOD' standard in all areas! We've worked hard to ensure we uphold a consistently high standard of operations. The full report can be found via our website at: www.harrowcarers.org/homecare

Price structure.

As from Monday 4th of March 2019 our Homecare rates increased to as follows;

- Monday to Friday Daytime: £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.

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Email Address: admin@harrowcarers.org

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 we 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 and Services Timetable

Working for Carers



Wellbeing at Work

Wednesday 22nd May: 10:00—15:00



Carers Rights in The Workplace

Wednesday 29th May: 10:00—15:00



Professional Behaviour at Work

Thursday 30th May 10:00—14:00



Motivation at Work

Wednesday 5th June: 10:00—15:00



Induction & Positivity

Wednesday 19th June: 10:00—14:00



CV Writing and Interview Techniques

Wednesday 3rd July: 10:00—14:00



Job Club

Wednesday 31st July: 10:00—12:00

Wellbeing Services



Mindful Meditation

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

Introduction to Mindfulness

Tuesday 14th May: 14:00—16:00

Awareness Training

Tuesday 21st May: 14:00—16:00

Optimism & Positive Psychology

Tuesday 28th May: 14:00—16:00

Stress, Barriers and Daily Mindfulness

Tuesday 4th June: 14:00—16:00



Positive Psychology

24th June Monday 14:00—16:00

Understanding Anxiety

26th June Wednesday 10:30—12:30

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.

June—TBC



Knit and Natter

Come in and learn how to knit with a nice chat amongst friends! TBC please register your interest.

Arts and Crafts

Bath Bombs, Salts and Soap—9th and 23rd May

Water Colour Painting—13th and 27th June

Clay Art—11th and 25th June



Training

Fire Prevention W/ North Harrow Fire Dept:

Date TBC

Back Care:

Date TBC

General Handling and Safety W/ Alan Atkinson:

Date TBC.



Mental Health Carers Drop in Sessions

Every 2nd and 4th Friday monthly: 13:30—15:30

Bank Holidays:

Please be aware we are not open on bank holidays.
Activities will not take place.



Coffee Morning

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

Friday—3rd May: 10:00—12:00

Daily — 3rd to 7th June: 10:00—12:00



Monthly Outings

Kenwood House

Wednesday—29th May 2019

Headstone Manor

Wednesday—26th June 2019.

Richmond Park

Wednesday—31st July 2019.



DWP Universal Credit Talk

Tuesday—30th July: 10:00—12:00



Zen Meditation

Learn the Zen way to meditate and develop mindfulness. Practice guided visualisation to develop relaxation.

Every Thursday 9th—30th May: 18:45—20:15

Email to book: communications@harrowcarers.org

Call to book: 02088685224 ext. 221

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Events In Harrow

Computing Courses



Computing Training

Monday 13th May—Microsoft Word
 Mon + Tues 20th and 28th May—Microsoft Office
 Monday 8th, 15th and 22nd of July—Getting Online
 10:30—12:30



Online Scam Awareness

Natwest show you how to stay safe online and know how to spot a scam!
 18th June 2019: 11:00—13:00

Do You Keep up With the Neighbourhood Watch?

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



Make Sure You're Crime Safe...

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

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

Care Skills Training Workshops

Wellbeing Psycho-Education

Brief one-off sessions to give a primary understanding.

Moving & Handling Risks

To identify risk related to moving and handling.
 21st June Friday 10:30—12:30

Personal Care

Maintaining the dignity of the individual when undertaking personal care.
 14th June Friday 10:30—12:30

Managing Medication

To ensure safe administration of medication.
 21st June Friday 10:30—12:30

Is the Person I Care for Well?

Helpful guidance for carers to recognise when dependents are becoming unwell.
 12th July Friday 10:30—12:30

You will receive a certificated of attendance for attending all the 4 sessions. **Open to all carers including non-paying members as well.** Limited seating. **Registration is required:**

Please contact at wellbeing@harrowcarers.org
 Or call: 020 8868 5224 Ext. 2019

Cancer Carer Focus Group

Tuesday 21st May 10.30 – 12

Do you or have you supported a person with cancer, or feel passionate about supporting people with cancer? We are holding a focus group to get your views on how a Macmillan cancer carer outreach worker could support carers in Harrow, please come along and join us for a chat and light refreshments.

Carers Retreat Day—Niland Centre

The carers retreat day is a day for all of our carers to come and relax and enjoy themselves in a beautiful countryside setting. A thank you from us to you for all the hard work you do! With a range of activities and therapies for you to participate in throughout the day and a hot lunch for you to enjoy!



Highlights of the day:

Breathing exercises for relaxation

Arts and Crafts

Outdoor Giant Board Games

Holistic Therapies

Visit from the Mayor of Harrow

Dance Troupe

Raffle

Photo Booth Station

Therapies (**Please note that you can only book one therapy**)

Reiki

Neck and Shoulder Massage

Indian Head Massage

Acupressure

Lunch options:

Chicken Biryani

Vegetable Biryani



We will be travelling by coach of which you will need to book a space. The coach will be leaving Harrow Carers at 9.30am going straight to the Niland Centre. The coach will be leaving the Niland Centre at 15.00pm to return back to Harrow Carers.

Car park facilities available at the Niland Centre for those who wish to drive. Please do let the staff member know if you need a car park space upon booking.

We've been celebrating carers week at the Niland for over ten years! We're glad we can come back this year to continue the tradition of celebrating with carers at this great location.



We hope that we can get to see as many of you, the carers, as possible during Carers week. We hope to celebrate, enjoy and improve together !



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

Carers Week 2019

IMPORTANT MESSAGE - YOU DO NOT NEED TO BE A PAYING MEMBER TO PARTICIPATE!

CALL 0208 868 5224 TO BOOK or EMAIL: communications@harrowcarers.org

Monday 10th June Outreach Day

The team are out and about promoting our services in the local community, so there will be limited staff members available. It is very important for us to get out there and make sure all the carers in Harrow know about us! If you would like to come out and join us, then please contact a member of staff!

Tuesday 11th June Wellbeing Taster Day

Try our wellbeing sessions we have planned to give you a taste of everything we have to offer!
(Registration is required)

10:30—12:00 Mindfulness

Mindfulness is the art of living in the present and becoming more aware of our self and our surroundings by being non judgemental.

12:30—13:30 Lunch Break

14:00—15:30 Cognitive Behaviour Therapy

Understand CBT and how you can use it in your daily life by learning the hot-cross bun model.
Book by calling Harrow carers - Phone: 02088685224 Ext. 219

Wednesday 12th June Carers Retreat Day—Niland Centre

The carers retreat day is a day for all of our carers to come and relax and enjoy themselves in a beautiful countryside setting. A thank you from us to you for all the hard work you do! With a range of activities and therapies for you to participate in throughout the day and a hot lunch for you to enjoy! See page 15 for all the activities we have planned. Keep up to date via our website's dedicated page for carers week 2019!

Thursday 13th June Training Day

10.30 – 11.30 Crime Prevention with Headstone North Police

The Police will be present to provide information and advice regarding crime prevention and how to keep yourself safe.

12.00 – 14.00 First Aid with Red Cross

Learn first aid for everyday use, enhance your skills and knowledge of how to administer first aid when required.

14.30 – 15.00 Fire Safety Awareness

Come and learn about fire safety for the home and how you can prevent a fire, with open discussions and Questions & Answers.

Friday 14th June Community Day

11:00—14:30 Lunch

Celebrate the carers community together with a light lunch and entertainment.

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