

DECEMBER 2020
NEWSLETTER

HARROW CARERS



HIGHLIGHTS OF THIS ISSUE

WELLBEING WORKSHOPS

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PANTOMIME

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HARROW CARERS CHRISTMAS PARTY

See page 17



@harrowcarers



@carer.harrow

"THE SIMPLE ACT OF
CARING IS HEROIC"



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CEO'S MESSAGE

Dear Carers,

I imagine that you are all feeling the same relief as me, now that Covid-19 vaccines are becoming available to us. While there is still some time to wait until most of us can be vaccinated, at least we can see there is hope for the future. We have been lobbying to get carers and those they care for vaccinated as a priority. So far we have no positive news to report, but we will keep you updated via our website and social media. You should still be able to get priority flu vaccinations (see Pg 3)

As Christmas approaches many of us feel sadness that we are not able to celebrate with loved ones. Harrow Carers hopes to fill some of the gaps by inviting you to join in sessions, including our Christmas Party and quiz on 21st Dec, and talking to you on the telephone. If you need to speak to us, perhaps just to have a chat, please call 020 8868 5224. We love to hear from you. We are also proud to announce the very first (socially distanced) Harrow Carers Christmas panto. Videos and photos will be shown on the website after 21st Dec, so please have a laugh at the staff's topical jokes, written and produced by our manager Caroline in Working for Carers!

Talk of Christmas also makes one consider the new year. One of our plans is to renew our Harrow Carers strategy. Many thanks to those of you who responded to our survey and to focus groups. We still have more focus groups to hold, so if you are interested in joining us to shape what Harrow Carers does for you in the future, please contact me. You may also be considering doing something new to welcome in the new year. Our friendly Working for Carers team can help you become ready for training, employment or education. They will be running their usual programme of workshops, health & wellbeing sessions and individual support sessions next year. So please give us a call if you'd like to talk about your plans for the next year.

Wishing you all a peaceful (and probably quiet) Christmas
Charmian

Advice on Care Home Visits & COVID Vaccination



Priority Group	Population
1	Residents in a care home for older adults and their care workers
2	All those 80 years of age and over. Frontline health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over. Clinically extremely vulnerable individuals*
5	All those 65 years of age and over
6	All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
7	All those 60 years of age and over
8	All those 55 years of age and over
9	All those 50 years of age and over

COVID-19 Vaccination

You may have heard that the medicine regulator has approved the Pfizer/BioNTech's vaccine for use. Advice from the Joint Committee on Vaccination and Immunisation (JCVI) on the groups that should be prioritised for vaccination has also been published. As expected, and based on scientific research, age is the primary factor when deciding on the prioritisation. Health and care workers are also given a high priority. Unpaid carers are not on the list as there is not enough evidence on how well the vaccine stops transmission. Therefore, with the available scientific evidence, the focus is on stopping the most vulnerable from getting the virus.

Care Home Visits

The government have issued new guidance for care home visits. We know that this is an issue that many unpaid carers have been following closely. The guidance for providers does allow for care home visits to happen indoors. The guidance applies to all care homes - regardless of which Tier the care home is in. Visitors will need to take a Coronavirus test and if that comes back negative, will need to wear PPE throughout the visit. Unpaid carers of people who live in care homes should contact the care home and ask to make arrangements for visits.



Taking Care Of Yourself This Winter

FREE FLU VACCINE

If you are the main carer for an elderly or disabled person, or you're receiving a Carer's Allowance, you are eligible for a free flu vaccine. If this applies to you, speak to your GP or local pharmacist about getting your flu vaccine. The flu vaccine is a safe and effective. It's offered every year on the NHS to help protect people at risk of flu and its complications.

Find out more about who is eligible to get the free flu vaccine, visit:
<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>



HM Government

We must keep on protecting each other.

NHS

HANDS **FACE** **SPACE**

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

HELP THIS CHRISTMAS

We are here to support you over this Christmas break with emergency food, mental & physical health support and combatting loneliness. Please contact us at 020 8868 5224 or visit <https://helpharrow.org/>.

Staying Healthy

FALLS PREVENTION

While minor accidents cause discomfort and inconvenience for a short time, more serious accidents lead to hundreds of thousands of hospital admissions every year. Falls are responsible for four out of five accident-related hospital admissions among people who are aged over 65.

Slips, trips and falls at home can happen for all sorts of reasons, but the good news is they're not inevitable. Maintaining an active lifestyle and especially keeping good levels of strength and balance can help to prevent falls. Simple changes to the home environment can also reduce your risk of falling.

How I can maintain strength and balance?

Regular light activity and movement throughout your day, coupled with some specific exercises that help to improve strength and balance can be helpful in preventing falls.



Some Activities You Can Try At Home





Fraud, Scams & Awareness

BE AWARE!

Christmas is just around the corner, and you may still have gifts, decorations and other festive items to buy before the big day. With the COVID-19 pandemic still very much with us, shopping on the internet may well be your preferred choice, making it very important to make sure you're buying safely and securely, and not falling victim to a scam.

1 in 10 shoppers fall victim to a black Friday deal, to the average cost of £660. When shopping online make sure you can spot the difference between genuine and fake websites secure and insecure payment pages. A genuine website will always either have the closed padlock sign or <https://> at the beginning of the web address in the search bar.

During the covid pandemic there were many emails and websites reporting to sell covid testing kits, and websites are now popping up selling vaccinations online. Since January there has been a 220% increase in fishing scams, this approach is used by scammers to get you to reveal personal details in order to steal your identity.

It may be in the form of an email, text message or phone call from someone pretending to be from a reputable company such as a bank, energy company, telephone provider, HMRC, or post office. Please remember your bank will never ask you to reveal password or ask you to transfer money, if you have any doubts please ring the number on the back of your card and speak to a member of staff there.

For further information on scams visit the Get safe online website <https://www.getsafeonline.org/>

Other Updates

CARER CARD

Many of you have already applied for a carer card, if you haven't you can apply online through our website or call the centre directly - 0208 868 5224. The card allows an emergency contact to be notified if you have an emergency. It also provides recognition that you are a carer and priority shopping. We are working on discounts for carers with local trades people.



COUNSELLING

Counselling services continue to remain open during the pandemic, and are available to all carers and their families either by telephone, online or face to face in a socially distanced environment at the carers centre. Should you feel that you may benefit from this service, please contact Mariam on 0208 868 5224 ext 217 to discuss further.



Emergency Contacts:

Harrow Social Services: 0208 424 0999 (out of line hours)

Mental Health Crisis: 0800 0234 650 (out of line hours)

Harrow Samaritans: 0330 094 5717 (out of line hours)

Harrow Carers Presents Aladdin The Pantomime



The staff have been busy practicing and filming over the last few weeks to bring you a little festive entertainment over the Christmas period. The panto will launch at the Christmas party and will be available via the website for your enjoyment over the festive period.





Service Updates In The Next Pages

Homecare



A MESSAGE FROM OUR REGISTERED MANAGER

I am writing to you today to talk to you about influenza and the flu jab. For people in at-risk groups, such as those aged 65 or over or with an underlying health conditions, flu can be a serious disease and can cause death.

As a care provider, we encourage all our frontline staff to have the flu vaccination, as they will be caring directly for many people in these at-risk groups. Getting the vaccine will mean, they are much less likely to spread the flu to them and will help to protect them this winter. Indeed, there is evidence that a high rate of flu vaccination in care workers protects the vulnerable people receiving care more than when their rates of vaccination are low.

Vaccination reduces the spread of flu among staff and service users, keeping social care services running and reducing the burden on the NHS during the winter. This is true every year, but it is particularly important this year, as coronavirus (COVID-19) is still in circulation. As the symptoms for flu and COVID are very similar, widespread vaccination against flu will make it easier for us to target COVID-19 testing and avoid disruption to your care services.

I will encourage you and your loved ones also to have the flu vaccination. You can get your FREE flu vaccination from your registered GP practice or pharmacy. Getting the vaccine will help to protect you, your family, and the people you care for from getting the flu virus. Together, we fight and succeed!

Thank you for your cooperation!

LOOKING FOR NEW JOB?

Do you have a caring nature , great people skills and want to make a positive difference in people's lives?

If yes, then apply to become a Care Support Worker and join our fantastic team!

We provide training, free DBS checks, flexible hours, sickness pay, rewards, career development and plenty of support from our team.

If that sounds good to you, please send you CV to diana.terehova@harrowcarers.org

Homecare



MESSAGES FROM YOU TO OUR CARE SUPPORT WORKERS

"Thank you for doing and continuing to do. Putting us before your own safety. We appreciate you so much and always will. Keep safe!" - Anonymous

"Thanks for not only being extraordinary in your jobs but being extraordinary human beings – our Superheroes!" - Hema

"Tears well in our eyes in overflowing gratitude for the risks you are taking for the people in our community. We admire you, we respect you, and if we could, we would love to shake your hand. Nothing will be enough to show you how grateful we are. Thank you Superheroes!" - A Friend in Edgware

CHRISTMAS WITH OLDER ONES

Senior loved ones often experience changes in health, and it becomes time to adjust our family traditions. Here are some situations to consider:

- **A loved one with hearing loss.** People with hearing problems can feel isolated if they can't hear. Reduce background noise as much as possible, save the loud Christmas music for later.

- **A loved one with vision loss.** People with age-related eye problems need good lighting. Dining by candlelight might mean they cannot see what they are eating.

- **A loved one with dementia.** When a senior citizen is living with Alzheimer's disease or a related disorder, festive plans usually need to be modified.

SPECIAL CONSIDERATIONS FOR 2020

This year the holidays might be more low key for your family—or, the special challenges of 2020 might make things all the more hectic!

Professional in-homecare can be a real holiday gift for seniors who need care, as well as for family carers. Harrow Carers can provide hygiene care (bathing, dressing, grooming, help going to the toilet), housekeeping and laundry, meal preparation, healthcare reminders, transportation to medical appointments or gatherings, and memory care for clients with dementia. Care workers can help seniors with online shopping, gift wrapping and decorating, all the while being mindful of social distancing and precautions. A professional carer can be with your loved one to allow you time for baking, shopping, decorating—or, this year, setting up the big virtual celebration.

Harrow Carers home care experts work with families to support the needs of senior loved ones and family cares alike. Find homecare@harrowcarers.org and ask for a care consultation today.

We wish you and your family a Merry Christmas and the happiest New Year!



Volunteering

OUR VOLUNTEERS CONTINUE TO DO THEIR BIT FOR CARERS IN HARROW!

Harrow Carers fantastic family of volunteers continue to dedicate their time to assist our Charity and Harrow's amazing carers. Here is a snapshot of what they have been doing!

“

Volunteers carried out over 200 vital shopping trips for carers and vulnerable community members during covid and the lockdown.

“

Will, Steve and Bernadette have been assisting to paint the centre so that it has a fresh welcoming look for when we are all able to come back together.

“

Our volunteer coordinator Sonal has been assisting a carer's family get their home life back together after suffering an extensive fire in the home. Thank you Sonal for stepping up!

“

Thank you to our amazing volunteer Janet, and Stanmore Montessori school for the wonderful, handmade Christmas cards for our homecare clients!

“

Malavi, one of our new volunteers is carrying out research into hidden carer refugee and asylum seekers in Harrow, helping us find other carers to support.

When we are all able to come back together and meet face to face we will be inviting all volunteers both past and present to join us at our Volunteer Night of Stars to celebrate the outstanding commitment and achievement of all.

Advisors At The Centre



Welcome!

In addition to all the events that are taking place for our carers during December and into the New Year, we would like to remind all carers, should you have any questions or require any assistance with benefits or issues relating to your caring role, both Anne and Bunny, Adult Services Advisors are available at the centre: 0208 868 5224 ext 209 for Anne and 210 for Bunny.

There are a range of benefits and additional support that you may be entitled to, especially during the pandemic. This can range from entitlement advice on benefits available for Carers, including assistance with applications, help accessing a Carer Assessment, carers' grants and beyond. There is an endless list of the information and advice we can provide relating to your needs as a carer. We take into account that every case is unique to individual carers. All calls are confidential.



Centre Opening Hours Over Christmas & New Year

**Christmas Eve
(24th):**

9:00am - 12:00pm

**Christmas Day
(25th):**
Closed

**Bank Holiday
(28th):**
Closed

New Years (1st):
Closed

Working for Carers

UPCOMING WORKSHOPS

CV Writing Skills

15th December 2020

10.30-11.30am

Interview Techniques

21st January 2021

10.30-11.30am

Coping with Christmas

17th December 2020

2:30pm - 3:30pm

OUR PROGRESS SO FAR

At the end of September 2020, 901 carers and former carers had registered with the project. The registered carers are from all 33 London boroughs.



As well as running our regular workshops next year, the Working for Carers team are looking at running other workshops aimed at supporting carers at this time of pandemic. We know these times are difficult for you and we promise to support fully in getting a job.

We are pleased to show you our latest video learn how we can help carers gain skills and confidence needed to get back into the workforce. Working for Carers are here to support you during this challenging time and provide you with advice and guidance.

Working For Carers: Improving Your Life Chances (https://www.youtube.com/watch?v=j__8hDh9q0Q).

Out Of Our 901 carers

21% have moved in to employment

62% have accessed training

52% have been supported to job search

16% have undertaken volunteering



Young Carers

UPCOMING GROUPS

YC DROP IN Ages 11+

Wednesdays

15:30- 17:00

STUDY UP Ages 11+

Saturdays

10:00- 14:00

RUN Ages 11+

Saturdays

10:00- 14:00

CONNECT WITH US

We are now using Text messages to connect with you and keep you up to date with activities and allow you to book online.

Please make sure we have your up-to-date contact details.

[Click here To Update Us](#)

We are excited to announce new groups for young carers coming in 2021. As we look to the future our team has developed a new young carers room at Harrow Carer's centre, which meets the government standards for us to do face to face work. We are also excited to announce that we will be launching our first weekly group for young carers in juniors school thanks to funding from London Youth.

We have also hired 2 new youth workers bringing the young carers team to the highest level of staffing in 10 years!!

Make sure you keep your details up to date so we can keep you connected about groups that may be of interest to you.

CHRISTMAS CONNECT

Young Carers staff will be available by phone on these dates over the school holidays in December if you need us:

Phill: 07736923429 - 24th

Helen: 07736923433 - 23rd, 30th

Nisha: 07736923431 - 22nd, 29th

Marcus: 07384518404 - 21st, 28th

Sophie: 07514664387 - 31st

Please note, we are closed on 25th December & 1st January 2021.

E: youngcarers@harrowcarers.org

Workshops, Events, Courses & Support Groups Calendar In The Next Pages



Day	Session	Start Time	End Time
Wednesday – 16 th of December	Mini Mindfulness & Wellbeing Session with Michele	12:30pm	1:00pm
Friday – 18 th of December	Anger Management	10:00am	4:00pm
Monday – 21 st of December	Christmas Party & Quiz	2:00pm	5:00pm
	Virtual Cuppa	10:00am	-
Wednesday – 23 rd of December	Mini Mindfulness & Wellbeing Session with Michele	12:30pm	1:00pm
Monday – 4 th of January	Mindfulness	2:00pm	4:00pm
	Virtual Cuppa	10:00am	-
Monday – 11 th of January	Virtual Cuppa	10:00am	-
	Mindfulness	2:00pm	4:00pm
Tuesday – 12 th of January	Personality Disorder	10:00am	12:00pm
Monday – 18 th of January	Mindfulness	2:00pm	4:00pm
	Virtual Cuppa	10:00am	-
Wednesday – 20 th of January	Caring For My Partner	2:30pm	-
Monday – 25 th of January	Mindfulness	2:00pm	4:00pm
	Virtual Cuppa	10:00am	-
Wednesday – 27 th of January	Creating My Family Tree	2:30pm	-

***Due to the continuing pandemic all activities remain online through zoom, if you would like to join any of the activities please contact wellbeing@harrowcarers.org for joining instructions.**