



THIS MONTH'S THEME IS...

CEO'S MESSAGE

Dear Carers,

This month we're bringing you another newsletter edition focusing on health and well-being. Many of you should have been vaccinated by now, but if there are any issues, please continue to talk to us. I hope the vaccinations will ease your minds and prepare you for the gradual relaxation of restrictions.

Our plans are to continue carefully opening up as many parts of our face to face services as possible: from April we will be able to see some carers in person for counselling and our young carers have already started a variety of sessions. We are in consultation with adult carers about what would make them feel able to return to participate in other activities. For example, it seems reasonable that we ask all visitors to provide evidence of a negative test prior to attending the centre. Is it also reasonable to ask that carers show proof of at least one vaccination or a valid reason why they shouldn't? Please email your views to admin@harrowcarers.org.

We use your views to shape and change our services. One of the ways you have suggested to do this is to extend our user group - please see page 9 on how this is coming along and how you can participate. Many thanks to those of you have helped already, including on the redesign of the council carers assessment.

We all feel that we have seen endless promises about social care reform and the latest report is out from the Health for Care coalition - Let's do this: the promise of fixing social care. The report shares the seven key principles for care reform and publishes members' views on fixing social care from the perspectives of the user, clinician, voluntary sector and health care leader. Harrow Carers continues to comment on such reports to emphasise how important it is to change the system.

On a tasty note, please join us for our first fusion curry demo by zoom, please see page 9!

Wishing you all good health!

Charmian Boyd



PHYSICAL & MENTAL HEALTH

HIGHLIGHTS OF THE ISSUE

**WAYS TO LOOK AFTER
YOURSELF | pg. 7 |**

**COMPLETE SMILES
PARTNERSHIP | pg. 8 |**

**CARERS USER GROUPS
| pg. 9 |**

**FUSION CURRY DEMO
HOSTED BY COLIN
| pg. 9 |**

**GETTING HEALTHY IN
MARCH | pg. 12 |**

UPCOMING ACTIVITIES

WELLBEING SESSIONS



Relaxation and Stress Management

16th, 23rd & 30th of March
10AM - 12PM



Mindfulness Taster

19th of March
2PM - 4PM



Understanding Anxiety

16th of March
2PM - 4PM

SUPPORT GROUPS



Virtual Cuppa

Every Monday
10AM



Mental Health Carers

27th of March | 9th & 23rd of April
1:30PM



Caring for my Partner

14th of April
2:30PM



How to Feel in Control of your Finances and Budgets for Young Carers

14th of April
5PM - 6PM

UPCOMING ACTIVITIES

ACTIVITIES



Zine Making

17th of March
10AM



Cooking Session

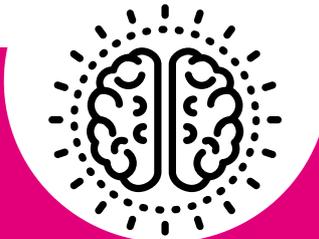
26th of March
12PM



Pilates

Sometimes our bodies crave gentle and relaxing movements and this is the perfect Pilates workout for those days.

Every Wednesday
11AM



Mini Mindfulness

These gentle, drop-in sessions are a mix of simple breathing, mindfulness, relaxation and visualisation techniques which can reduce stress and anxiety, and improve wellbeing.

Every Friday
12:30PM - 1PM

***If you would like to join any of the activities please contact wellbeing@harrowcarers.org for joining instructions.**

UPCOMING ACTIVITIES

WORKING FOR CARERS SESSIONS



Confidence Building

16th of March
10:30AM - 11:30AM



**Return to Work: Build Your
Confidence**
17th of March
2PM - 3PM



Interview Techniques

18th of March
5:30PM - 6:30PM



CV Writing Skills

25th of March
10:30AM - 11:30AM



Basic IT Skills

30th of March
10:30AM - 11:30AM

***If you would like to join any of the sessions please email workingforcarsers@harrowcarers.org or call 020 8868 5224 Ext 218/208 for joining instructions.**

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the newsletter?
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us a review.



SERVICE UPDATES



WORKING FOR CARERS

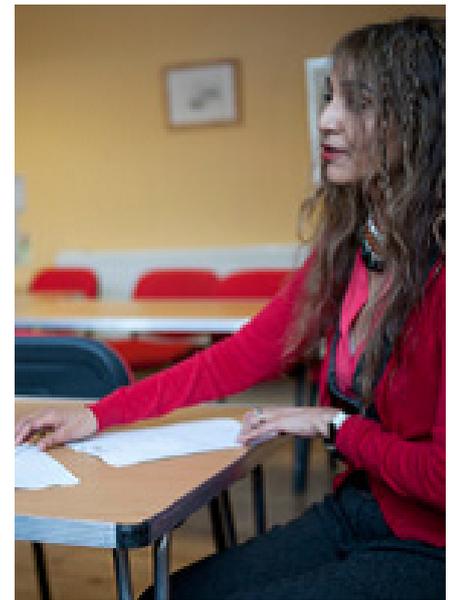
Caring can be a hugely rewarding experience, enriching relationships and bringing satisfaction and wellbeing. However, caring for others often comes at a cost to carers' own health and wellbeing as they put their own health needs to the back of the queue. Balancing a job with your caring role can be difficult and you may need time to adjust. You might need to ask for help to manage your working life, especially if there is a change in your caring role. For further guidance and information, click [here](#) to view a factsheet. You can contact us at 020 8868 5224 Ext 218/208 or visit our website [here](#).

If you haven't been following our podcast or want to more about how we can help you, view the latest episode [here](#).

BENEFITS & ADVICE

If you have any questions or require any assistance with benefits or any other 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.

The services available to carers range from entitlement advice on benefits available for Carers, including assistance with applications, to help accessing a Carer Assessment and grants.



YOUNG CARERS

Its March and our groups are on! Take a look at the groups below:

Run: Tuesday & Thursday | Ages 6 -11 | 3:30PM - 4:30PM | Methodist Hall
Youth Drop-In: Wednesday | Ages 11+ | 3:30PM - 5:30PM | The Hangout
The Jam Lab: Friday | Age 11+ | 4:00PM - 5:30PM | The Hangout
Study Up: Saturday | Ages 11+ | 10:30AM - 2PM | The Hangout

For more information about the groups, please contact our Young Carers teams at youngcarers@harrowcarers.org

SERVICE UPDATES



HOMECARE

We have been busy in Homecare providing free respite care for new and existing clients thanks to a Department for Digital, Culture, Media & Sport and Pears Foundation grant, administered by Carers Trust. There are just a few hours of care left that we can allocate for free, so if you are a carer who needs some help please give us a call (we will allocate until grant is used up).

We have also been busy improving our systems. One of our new systems that is now in operation is an app called CarePlanner. It enables us to organise and manage your care support workers more efficiently. A host of other features including providing management with instant updates should anyone be running late, medication alerts and swift communication mean we will be improving our service even more. We always welcome feedback so do let us know if you have noticed anything yet!

NOVUS HOMESHARE

As more and more people have received vaccinations, we are receiving increasing enquiries and are pleased with some particularly interesting matches which we have been able to make. For example, we matched up a homeowner who needed a vegetarian Gujerati speaking Homesharer after months of patient searching and interviews.

It's also been an interesting month with some great stories about Homesharers on the TV and radio. If you want to know more about Homeshare first hand here are the link:.

- [You and Yours](#)
- [Steph's Packed Lunch](#)
- [Morning Live Series](#)

Do let your friends and family know about our Homeshare service which extends all over London. We are always happy to have a chat and see whether this would work for you.

For further information please give us a call at 03300 88 2225.



**Are you enjoying
the newsletter?
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us a review.**





TAKING CARE OF YOUR MENTAL AND PHYSICAL HEALTH

Staying fit during lockdown is very important, especially if you are a carer. We know your caring role can be 24/7 but it is important to try to take a break from time to time to take care of yourself. There are lots of things you can do to maintain your health. Have a look below at all the different ways you could better take care of your mental and physical health:

- **Avoid excess:** It is very easy to form unhealthy eating habits as a form of coping. In the short term, it feels great. In the long term, not so much. To help with this, try eating smaller meals more frequently during the day and drink a lot of water to fill yourself up. This will help reduce the amount of cravings you have in a day.
- **Stay hydrated:** Drinking enough water throughout the day helps your body function properly.
- **Maintain relationships:** Being away from those who you love is a daunting experience. The best thing we can do is to call the people that we love frequently to remind them that they are not alone and they are loved.
- **Spend some time in nature:** If you can go outside, then try to go on a walk or run with a lot of trees, grass and general green spaces. This should help you reconnect with the outside world. If you can't go outside, simply try to observe nature from your house.
- **Eat well:** You are what you eat! Make sure you eat consistently healthy foods.
- **Remember to laugh and grow:** Try to not focus on the misery that the pandemic has caused rather the opportunities of growth available. And when in doubt put on your favourite sitcom and laugh!

VIDEOS TO WATCH



[Mental Health Tips From 75 Therapists](#)



[How to Spot The Signs Your Physical Health Is Affecting Mental Health](#)



[A Self-Care Action Plan](#)



[Tips for Managing Caregiver Stress](#)

OTHER UPDATES

COMPLETE SMILES PARTNERSHIP

Complete Smiles is a Harrow based family committed to the residents of Harrow and surrounding boroughs. We hold Harrow Carers very close to our heart and cherish the invaluable charitable work they do to uplift our community. We would like to support in our own way and reach out to carers and offer them affordable dental care.



At Complete Smiles, we furnish dentistry with energy and eagerness. We are committed to offer our patients great dentistry and cosmetic treatments in a caring and delicate way at a reasonable price.

We have joined extraordinary patient consideration with the most recent strategies in current dentistry to give the best dental experience. We are committed to deliver a total scope of dental and cosmetic treatments performed by talented dentists offering general dentistry to pro dentistry including Dental Implants, Invisalign, Veneers as well as Teeth Whitening, Botox and Dermal Fillers.

We would like to welcome you to our brand new dental family and get your on the road to a complete smile!



Location

30 College Road,
Harrow, HA1 1BE

Parking available at
St Anne's Shopping
Centre

Contact Info

Dr. Malavi
Sivakanesan

W:
www.completesmiles.co.uk

E:
info@completesmiles.co.uk

T:
020 4541 1150

EARLY BIRD OFFER

Complete Consultation & Clean for £25!

- Assessment of your overall health
- Take 2 radiographs (X-rays).
- Full Clean – scaling and poling (removal of calculus and plaque)
- Evaluate your risk of tooth decay.
- Examine for root caries
- Examine for gum disease (Periodontal disease)
- Examine your jaw and bite for problems
- Assess your need for restoration or tooth replacement, such as direct restorations (Fillings root canal) or indirect restorations (Crown, veneers, inlays) and solutions for missing teeth (dentures, bridges or implants)
- Oral (mouth) cancer check
- Evaluate your fluoride exposure (through hygiene products and diet)
- Create a treatment plan if needed

OTHER UPDATES



Carers User Group

The last twelve months have been a challenging time for everyone, and we have had to adapt the way we deliver our services to support unpaid carers.

As we move out of lockdown and move towards a promising return to a more normal future we will start to reopen more face to face services. We really value your opinions, and there have been some fantastic ideas to come from the recent carer focus groups to help shape the five year plan.

We would like to invite you to join our new user group to help shape and change the way we deliver future services. Your valuable input will help us market and design activities, events, training and wellbeing packages for all our carers.

If you are interested in helping to shape the future Harrow Carers services then please email Karen at karen.withers@harrowcarers.org or telephone 0208 868 5224 ext 213.

Fusion Curry Demo Hosted By Colin Powell

Just over a week from now you will be able to join us for a fun interactive cooking session with our very own Colin! Whether you are looking to learn a new recipe, have a laugh with fellow carers, socialise, entertain yourself or simply looking to have a good time, then come along on the 26th of March. The fun starts at 12PM on zoom, bring a friend if you want! For the Zoom details send an email to wellbeing@harrowcarers.org.

Here is a look at the ingredients going to be used:



Chicken Thighs (8)



Green Bananas



Fresh Limes (2)



Rock Salt



Tin Red Beans



Large Red Onion



Tomatoes (4)



Whole Garlic Bulb



Fresh Thyme



Olive Oil



Scotch Bonnet Pepper



Basmati Rice



Cinnamon Stick



Fresh Coconut

OTHER UPDATES

BIG WELCOME TO REHNA!

A big welcome to Rehna Tanna who will become part of our community as our new Business Development and Marketing Manager. Rehna will be working closely with Nathan, our Marketing and Communications Officer and all of us here at Harrow Carers to increase and develop our services. She will also be raising the profile of Harrow Carers to known and unknown carers and our many stakeholders.



SOCIAL CARE SURVEY

In a recent survey conducted by Carers Trust, unpaid carers claim that they are not getting enough support from the social care system. This needs to change immediately. Among the many findings of the survey, here are some key findings: only 12% of unpaid carers agree they get enough support, 54% of carers have given up, or reduced, paid work because of caring responsibilities and almost two thirds of carers are doing 50 hours of caring per week. Carers Trust are calling on the Government to form a plan for sufficient, secure, and sustainable social care funding reform.

Click [here](#) to view to the survey.

THE DISABLED CHILDREN'S PARTNERSHIP

The Disabled Children's Partnership has just released their latest report on the impact of the pandemic on disabled children and their families. The report – called The Longest Lockdown – is underpinned by the experiences of their Parent Panel. The report revealed that 70% of disabled children have been unable to access vital therapies that are essential for their development during the third lockdown. Disabled children and their families deserve better. This is why they are calling for a COVID-19 recovery plan for disabled children and their families.

Click [here](#) to read more.



Disabled Children's
Partnership

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the newsletter?
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us a review.



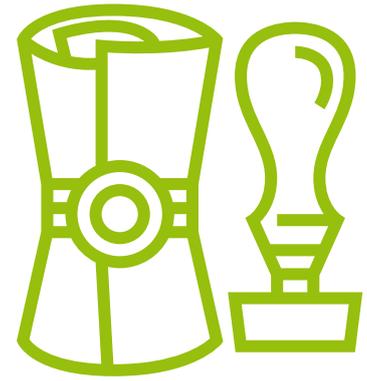
OTHER UPDATES

LEGACIES

So much of the vital work that we have done has been possible because of the kindness and generosity of people who leave us a gift in their will.

Your will is an opportunity to leave a gift to not only your loved ones but to causes close to your heart. The process is easy and this kind gesture can help to ensure the longevity of Harrow Carers.

Many thanks for the recent donations: you know who you are!



A MESSAGE FROM HELP HARROW

Do you need help?

HelpHarrow

Are you **struggling** to feed yourself or family?
Are you **unemployed** or facing money hardship?
Have you been identified as **Clinically Extremely Vulnerable?**
Do you need **Free Advice** and **Support** on a personal matter?
Do you need **Free** legal advice?
Are you struggling with your **mental health?**

If the answer is **yes** to any of the above and you're a resident in the London borough of Harrow, then HelpHarrow can help you now!

Advice & Support Services

Food Support

Mental Health

Help and support is available

- Benefits and Universal Credit
- Employment
- Debt and money
- Housing and homelessness
- Family and relationships
- Bereavement
- Legal support
- Mental Health and Wellbeing
- Food support and foodbanks
- Disabilities
- Older people
- Caring for somebody



Visit helpharrow.org to get **Advice, Support and Help**

Logos of partner organizations: Harrow Mencap, Youngharrow Foundation, Harrow Law Centre, Harrow Carers, WAD, Mind in Harrow, Swish, Harrow Council, Citizens Advice Harrow, Hillingdon, Harrow & Brent Age UK.

GETTING HEALTHY IN MARCH

HERE ARE SOME WAYS TO GET HEALTHY THIS MONTH



DRINK AT LEAST 5
GLASSES OF
WATER EACH DAY.



STRETCH EVERY
MORNING FOR 10
MINUTES.



ALLOW YOURSELF
TIME TO RE-
ENERGIZE.



SET GOALS FOR
EACH DAY.

HELP



ASK FOR HELP
WHEN NEEDED.



CALL SOMEONE
YOU LOVE TO
TALK TO.

POEM OF THE MONTH

RICH OR NOT
WE ALL HAVE GOT
CHANCES IN LIFETIME TO LIVE
QUITE SUBLIME
MORE RICH PEOPLE BECOME
RICHER
AND THE MAJORITY POOR MORE
POORER
IT'S NOT HOW MUCH MONEY
BRINGS BOOST
BUT HAVING ENJOYED LIFE
NOT ITS COST
HEALTHY BODY MAKES AN ACTIVE
MIND
ONCE SICK CAN'T MAKE GOOD
THINGS REWIND
BEWARE OF TAKING TOO MUCH
OF EVERYTHING
GOOD HEALTH IS WEALTH AND
THE BEST THING.

MARVIN BRATO

USEFUL LINKS & CONTACTS

Getting help from the NHS : the NHS urges public to get care when they need it.

Vaccination: info on getting vaccinated in Harrow.

COVID Testing: testing centres open at St. Anns.

Samaritans: if you need to talk to someone.

Rethink: top tips on managing your mental health.

GOV.UK: what you need to know about coronavirus

Harrow Council: council updates.

Carers UK: expert advice, information and support

SEE YOU NEXT MONTH!