

HARROW CARERS NEWS

WINTER 2025 EDITION

2025

CEO'S MESSAGE

Dear Carers and Friends,

It has been a privilege to get to know so many of you and serve you over the past five years. As you may have heard, I will be departing from Harrow Carers in mid-February. I am pleased to announce that Colin Powell will be stepping in as the new CEO, following the trustees' external recruitment process. All services and staff will remain unchanged, with a new Operations Manager currently being sought. In the last five years, we have witnessed an expansion in services, an increase in the number and diversity of carers we support, and a growing recognition of your essential contribution to the borough.

The Harrow Carers team will continue collaborating with partners to support, inform, and empower you. On a personal note, I will always hold deep admiration for the incredible work you do every day for those you care for, and I wish you all the best in the future.

Warm regards,

Charmian Boyd, CEO, and the Team

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Information on our other services we provide; Home Care and Homeshare

If you have any issues accessing any of the information or links in this newsletter, please give us a call and we will be happy to help.

 @harrowcarers

 @harrowcarers

 @carer.harrow

A NOTE FROM OUR NEW CEO



Dear Carers and Friends

Shortly, I will be moving into the CEO role at Harrow Carers and wish to thank Charmian for her incredible compassion for unpaid carers over the past 5 years of her stewardship. She will be greatly missed. I am extremely fortunate to have a great team of people who care about their roles and the work they carry out to Inform, Support & Empower all unpaid carers.

I have been incredibly lucky and privileged to meet with many of you who have accessed our services. I have been deeply touched by the caring journeys and challenges you have shared with me, and your resilience to Carry on Caring.

I have strong social care ethics based upon dignity, respect, equality and equity for all, and believe in human kindness through our actions and words. Quoting Lao Tzu, Chinese philosopher; "Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in giving creates love." I have experienced kindness in abundance from you as carers, and hope I have been able to return this kindness through my own actions and words.

As we move forward in 2025, I will be focusing on the charity's strategic plans, objectives and the continuation of great services for all unpaid carers.

I will continue to advocate for the voice of carers to be heard across statutory services (Hospital, GPs & Local Authority, etc) so that your role is fully recognised, valued and appropriately supported.

I look forward to the future and working hard in the promotion of carers rights and access to services for you all.

*Best wishes
Colin Powell
C.E.O*

*Kindness
MATTERS*

WEEKLY ACTIVITIES

Harrow Carers Groups & Activities



*If you would like to join any of the activities please contact wellbeing@harrowcarers.org 020 8868 5224 x 214 for joining instructions. Our activities are **FREE** for registered unpaid carers, but if you would like to make a donation please click [here](https://harrowcarers.org/) or visit our website <https://harrowcarers.org/>

Monday	Yoga - 10:30AM- 11:30AM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Qigong - 11:45AM - 1:15PM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
Tuesday	Elevate Support Group - 11:00AM-12:30PM (Alternating weeks between Zoom & in person. Email wellbeing@harrowcarers.org for link)	Zoom/Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
Wednesday	Zumba - 10:15AM - 11:15AM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Pilates - 11:30AM - 12:15PM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Friendship Cafe - 1:30PM - 3:30PM (every 1st Wednesday of the month)	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Sewing Club - 2:00PM - 4:00PM (held every other Wednesday of the month)	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
Thursday	Community Hub - 12:00PM - 2:30PM Every Thursday	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Archery - 2:30PM - 4:00PM (Every Thursday)	Old Lionians Sports Ground 74 Pinner View HA1 4QF
Friday	Mental Health Support Group 1:30PM - 2:30PM (Every 2nd Friday & 4th Friday of the month in person) Email wellbeing@harrowcarers.org	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ

WEEKLY ACTIVITIES

Mental Health Support Group

Do you care for a loved one with a mental health problem?

Take a break from your caring responsibilities and join us for a warm welcome in a relaxed and supportive atmosphere.

"The Drop In is something to look forward to where I feel understood and not alone"

"Sharing is so important and I leave there feeling better"

"It's tremendously helpful to be amongst others who can relate to the situations of a carer"

In-person at Harrow Carers Centre in North Harrow every 2nd and 4th Fridays of the month from 1.30 to 3pm.

ELEVATE

SELF-SUPPORT GROUP



Elevate Carers meet every Tuesday 11am-12.30pm. We alternate weekly between Zoom and in person meetings, in the Harrow Carers Main Hall. This is a forum where unpaid Carers offload and support each other with our issues. We are primarily self-sufficient with Harrow Carers staff setting up the zoom platform or Main Hall.

All unpaid carers are welcome

Hospital Carers Support

If you or a loved one are admitted to Northwick Park Hospital as an inpatient, our hospital carer support lead may be able to help you:

For further information please contact
Janisha Patel: 07736 950601
janisha.patel@harrowcarers.org
janisha.patel10@nhs.net



Grief and Loss Workshops

Following the success of our last series of five workshops, we can announce that we will be hosting them again!

The sessions will begin on Thursday 13th February from 2:30 PM to 4:00 PM in the Main Hall at the Harrow Carers Office.

These drop-in sessions provide a safe space for carers to share their thoughts, feelings, and emotions openly. While each session may focus on a specific topic, participants are encouraged to discuss anything related to Grief and Loss. Workshops will take place every three weeks, led by either the Counselling (Disha), Dementia (Roshanthi), or Befriending (Kalpana) team.

To register your interest, please email disha.patel@harrowcarers.org or call the office as soon as possible.



UPCOMING ACTIVITIES

Upcoming Events



January-March 2025

Find Your Voice

**31 Jan
2025
10am-12pm**

**Starting on 31st Jan 2025 10:00am – 12:00pm
at Old Lyonians Ground, Pinner View, HA14QF**

We will be having weekly music sessions hosted by a professional artist. It will be a 2-hour workshop every Friday for 10 weeks. Limited spaces. New Carers will get preference. Please call 0208 868 5224 to register or email wellbeing@harrowcarers.org



Cancer Awareness Session

**6 Feb
2025
12.30pm - 2pm**

**Thursday 6th Feb 2025, 12:30pm – 2:00pm at
Old Lyonians Ground, Pinner View, HA14QF**

Join us for Cancer Awareness Session at our Warm Hub. Light Refreshments will be served before the session. Please call 0208 868 5224 or email wellbeing@harrowcarers.org to register your place.



Let's talk about Wills & Lasting Powers of Attorney

**11 Feb
2025
11am-12.30pm**

**Tuesday 11th Feb 2025, 11:00am - 12:30pm at
Old Lyonians Ground, Pinner View, HA14QF**

Join us for a special session hosted by a Professional Will Writer from Balance Consultancy Ltd., tailored to the needs of carers. Please call 020 8868 5224 or email admin@harrowcarers.org to register your place.



New Carers Rendezvous

**27 Feb
2025
12pm-2.30pm**

**Thursday 27th Feb 2025, 12:00pm – 2:30pm at
Old Lyonians Ground, Pinner View, HA14QF**

New joiners welcome event with light refreshments at our Hub. Inviting newly registered carers to come and mingle. Please call 0208 868 5224 or email wellbeing@harrowcarers.org to register your place.



**20 Mar
2025
12pm-3pm**

St Patrick's Day Celebrations

**Thursday 20th Mar 2025 12:00pm – 3:00pm
at Old Lyonians Ground, Pinner View, HA14QF**

Come and join us for an afternoon of fun, food and all things green. Please call 0208 868 5224 or email wellbeing@harrowcarers.org to register your place.



UPCOMING ACTIVITIES

FIND YOUR VOICE

COME TOGETHER

SING THE SONGS YOU LOVE

WHEN Fridays 10:00-12:00
From Friday 31st January

WHERE Old Lyonians Sports Ground,
74 Pinner View, Harrow, HA1 4QF

JOIN Email: wellbeing@harrowcarers.org
Phone: 02088685224



Male Carers Outings

Wednesday 12th February Pizza and a Pint.
12 noon to 2.30pm, McCafferty's pub.
£5 contribution to pizza and a pint

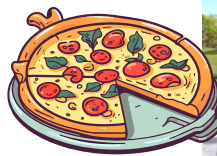
Wednesday 19th February 10am to 4pm
male Carers Trip to Royal Air Force
Museum. RAF Museum London | London
Aircraft Museum | Free Admission

Wednesday 26th February 10am to 4pm
male carers trip to Hillingdon Secret
WW2 Battle of Britain Bunker

Space for 15 on both minibus trips

£10 contribution towards the minibus and
entry fees for both trips

Booking via
Email: admin@harrowcarers.org
Tel: 0208-868-5224



Volunteers needed for the Harrow Stories Project

Are you an unpaid carer, or do you know someone with a unique caring journey? We are working on a project exploring the untold migration narratives of carers in Harrow over the past 60 years, focusing on individuals worldwide.

We aim to document personal stories, cultural traditions, and experiences of those caring for elderly relatives or individuals with disabilities—roles that are often overlooked despite their critical impact on family and community welfare. This project will celebrate the resilience and contributions of carers through oral histories, photographs, and memorabilia, ensuring their voices are heard and preserved for generations to come.

Get Involved:

If you'd like to share your story or learn more, please contact Rehna.tanna@harrowcarers.org
Together, let's honour the legacy of care in our community.

[LEARN MORE](#)



UPCOMING ACTIVITIES



Join Our Sports Club!



We are thrilled to announce the launch of our Winter Sports Club and “Have a Go” sessions! These activities are perfect for getting active, meeting new people, and having fun.

Activities Schedule

- Badminton: Every Thursday, 10:00 – 11:30 AM
- Archery: Every Thursday, 2:30 – 4:00 PM
- Table Tennis: Every Friday, 2:00 PM – 3:30 PM

Important Information

- All equipment will be supplied.
- Please wear comfortable sports clothing and appropriate training shoes to minimize the risk of injury.
- Advisory: If you haven't participated in sports for some time or have any health-related concerns, please consult your GP before joining.

Bookings & Communication

Spaces are limited, so bookings must be made in advance via: pj.dacruz@harrowcarers.org
Please email PJ by Wednesday 29th January to confirm your attendance. Please provide your first name, surname and telephone number.

Start Date

The first session kicks off on Thursday, 30th January 2025, and will initially run for 4–5 weeks followed by 5 further activity blocks taking us up to the end of June 2025.
Venue - Old Lyonians

We look forward to seeing you there!



Learn to Cycle

Want to learn how to ride a bike? We're organising cycling sessions to help you gain confidence and get rolling! Stay tuned for more details, and don't hesitate to get in touch to express your interest or learn more. Sessions start in May 2025!

★ Whether you're a beginner or need a refresher, this is your chance to master the skill and enjoy the freedom of cycling.

admin@harrowcarers.org



Archery Young Carers

Old Lyonians Ground

Young Carers

Fridays

4:30PM - 5:30PM

Fortnightly (term time)



Young Carers Homework Club

Old Lyonians Ground

Wednesdays

4:00PM - 5:30PM

Weekly (term time)



OUR YOUNG CARERS

Harrow Council Passes Landmark Motion to Support Young and Young Adult Carers

Our Young & Young Adult Carers Manager, Tianae Gould, has been tirelessly advocating for long-term change to improve the lives of Young and Young Adult Carers (YCs and YACs) in Harrow. Her efforts, in collaboration with Councillor Stephen Hickman, have resulted in a groundbreaking cross-party council motion dedicated to supporting and uplifting young carers in the community. The motion commits Harrow Council to a series of transformative actions, including signing the Young Carer's Covenant, safeguarding the education of young carers, seeking additional funding to bolster support initiatives, and expanding resources to mitigate the impact of caregiving on young people's lives.

Speaking to the Local Democracy Reporting Service, Tianae described this milestone as "just the beginning" of her mission to create meaningful change for Harrow's Young carers. Read the extended version below to learn more about this important moment and the journey ahead!

In a landmark decision, the local council has unanimously passed a motion in support of Young Carers, marking a significant step forward for this often-overlooked group. This resolution not only highlights the invaluable contributions of Young Carers to their families and the wider community, but also strengthens the resources and support available to them, aiming to minimize the impact of their caring responsibilities on their own lives.

The strong, cross-party commitment demonstrated by this decision is crucial for the successful implementation of support measures for Young Carers. It also serves to raise awareness about the challenges these young individuals face within our community.

This unanimous support allows us to delve deeper into understanding how we can effectively implement support measures for young carers, helping families earlier and more efficiently. The council has resolved to take concrete actions, including:

- Implementing strategic outcomes targeting issues affecting Young Carers.
- Signing up to the Young Carers Covenant and ensuring its principles are reflected in local legislations and practices.
- Building and reinforcing support streams to holistically assist Young Carers' families and the wider community of Harrow.

This initiative is expected to significantly improve the recognition and support for Young Carers, ensuring they receive the assistance they need while continuing their vital role in our community. This is a momentous first step for Young Carers in Harrow, working with Councillor Hickman and other advocates, I look forward to continuing to champion Young Carers and work closely with all those involved, to ensure we deliver on these commitments and make a real difference in the lives of our Harrow Young Carers.

Tianae Gould – Young Carers & Young Adult Carers Manager at Harrow Carers
<https://uk.news.yahoo.com/north-london-council-support-plan-150623283.html>



We Did It!



Please email youngcarers@harrowcarers.org for more information

ADVICE & BENEFITS



Our Information & Advice team are on hand if you have any questions or require any assistance with benefits or any other issues relating to your caring role. Both Anne and Radha, Adult Services Advisors are available at the centre: 0208 868 5224.

If you receive a state pension, you could be eligible to increase your weekly income by claiming Pension Credit. Claiming Pension Credit means you can get extra help with Dental Costs, TV License, (75 years and over), Council Tax and Winter Fuel Payments.

We can also support our carers with grants from our Network partner Carers Trust.

For information on income-related benefits, contribution-based benefits,

- [Turn2us benefits calculator](#)
- [Policy in Practice better off calculator](#)
- Entitled to [benefits calculator](#)



These Benefits Calculators help people to gain access to welfare benefits, charitable grants and support services.

If you're struggling with living expenses, you may qualify for assistance with essentials like bills and food. Benefits may be available even for those who work, have savings, or own a home. Visit the Citizen's Advice website for information on potential support.



We kindly ask for a donation when assisting with form filling. Your contribution helps us improve our services and reach more unpaid carers when they need it most. Every donation makes a difference—thank you for your support!



Video Guides for Carers Support

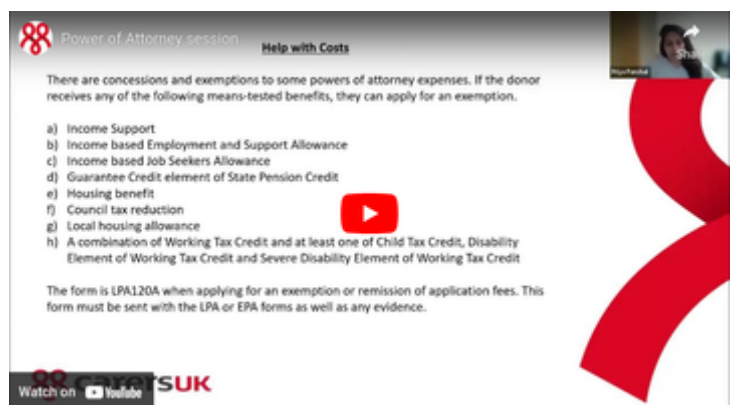
Carers UK has created an engaging series of animated videos that cover a range of topics designed to assist you in understanding the support and benefits available for caring for someone, as well as taking care of yourself.

www.carersuk.org



What is a Power of Attorney?

Carers UK adviser, Priya explains what a Power of Attorney is and why it might be helpful to set one up as soon as possible.



Advocacy 1st

Advocacy 1st in Harrow

Advocacy 1st offers a free, independent advocacy service for people in Harrow. If you use social or healthcare services, they can support you to understand your rights and make sure you are included in decisions about your care. For more information please visit <https://advocacy1st.co.uk/our-services/harrow/>

BEFRIENDING SERVICE

A befriender's personal account

What is befriending – a question often asked by carers and volunteers. To describe it fully we are running a three-part series by various people involved in it. The first one asks the volunteers what it means to them:

The Oxford Dictionary defines 'befriending' as 'the act of making friends with someone, especially someone who is lonely or in need of help.' But actually it's so much more. It's about being there—not just physically, but emotionally too. It's not about fixing problems or prying into someone's life; it's about offering time, kindness, and a listening ear without pressure or expectation. In a world where we are so often reminded of the worst in people, befriending is a chance to be part of something better.



Whether you're offering an hour of your time or smiling at someone as you go about your day, these small moments of connection can make a world of difference—for both sides. It's simple, it's human, and it's something we could all use a little more of.

-Chirag

A befriender is a companion, someone who provides support through listening non-judgementally. The person is reliable and trustworthy, never divulging what you say to anyone else.

-Liz

The befriender puts carers first. Befriending gives the opportunity to share something new. It is a chance to have a chat without having to leave your home, a safe space to share concerns and worries.

-David

Befriending refers to the act of building a friendly and supportive relationship with someone, often with the intention of providing companionship, understanding, and emotional support. It involves establishing a connection based on mutual respect, empathy and trust. A befriender listens actively to someone's thoughts and feelings without judgement. They are reliable and present, showing genuine interest in the person's well-being. They are happy to share time and activities to reduce loneliness or isolation.

-CB

If you would like to receive a regular* 'friend' or if you would like to join us as a volunteer and make a huge difference to someone's life, please contact Kalpana Mehta, Befriender Co-ordinator on kalpana.mehta@harrowcarers.org

*Please note our visits are limited to 10 per carer.

DEMENTIA

Providing Assistance for Dementia Carers

Next Dementia Programme will run from Thursday 30th January 2025 - Thursday 6th March 2025 . The programme runs on 6 consecutive Thursday's from 10am-1pm at Harrow Carers main office, 376-378 Pinner Road HA2 6DZ.

Carers feel that the programme has made a difference in providing information and support and, importantly, putting them in contact with other Carers who are looking after loved ones with Dementia.

Starts on Thursday 30th January.

Email: Roshanthi.pereira@harrowcarers.org for further information

Next Programme will commence in April 2025.



Online Dementia Programme

Are you a working carer? Would you be interested in participating in an online Dementia Programme which will be held on 6 consecutive Mondays from 6:30pm-8:30pm?

For further details please email :

Roshanthi.pereira@harrowcarers.org

Friendship Cafe

For Carers & Cared for



Come along to our friendly drop-in cafe for coffee, cake and an opportunity to meet and socialise with people who are facing a similar future in a friendly and supportive atmosphere.



Our Friendly Cafe is open to all Carers supporting family members and friends with dementia. A place to share experiences, information and support.

➔ Afternoon Drop-in's every 1st Wednesday of the month for Carers and Cared for. At Old Lyonians Sports Ground, 74 Pinner View HA1 4QF from 1.30pm-3pm.

➔ Afternoon Drop-in's every 4th Wednesday of the month for Carers and Cared for. At Stanmore Chapel, Corner Marsh Lane/Nelson Road HA7 4HP from 1pm-3pm.

MORE INFORMATION

Roshanthi Pereira
Dementia Team Leader
Tel: 020 8868 5224
Email: roshanthi.pereira@harrowcarers.org



*Mild to moderate dementia people who have been diagnosed within the last few years

Carer's Feedback- "I feel less guilty and great to be in a space where people know how I am feeling."



Carer's Feedback-
"Tuesdays are my highlight
I look forward to it every
week."



Friendship Café Updates

Friendship Café at Stanmore Chapel - 1 PM to 3 PM (Corner of Marsh Lane/Nelson Road HA7 4HP) will be held on the following dates:

- Wednesday 26th February 2025
- Wednesday 26th March 2025

Dementia Café / Information Hub at Northwick Park Hospital
Every third Wednesday of 2025.

For more details about the exact location within the hospital, please reach out to Roshanthi at roshanthi.pereira@harrowcarers.org.

Friendship Cafe at Old Lyonians, every First Wednesday from 1:30pm-3pm at 74 Pinner View HA1 4QF.

Is your loved one in a Care Home?

We recognise that having your loved in a care home brings tremendous change which may sometimes cause anxiety, stress, feelings of guilt, fear and you may feel alone and isolated. We would like to set up a support group which will provide a confidential space for carers to share, talk and meet other carers which will create friendships and give that much needed support.

These sessions would be held monthly during the week, 2nd Wednesday of the month for about an hour and a half at Harrow Carers main office, North Harrow.

Please email your response to Roshanthi.pereira@harrowcarers.org to the following questions:

1. Would you be interested in joining this group?
2. Would you prefer to meet in the morning or afternoon?

We look forward to hearing from you all.



LOOKING AFTER YOURSELF

High Intensity Support Service at Northwick Park Hospital Emergency Department

Harrow Carers is well established in Northwick Park Hospital. A new high intensity support service started in 2024. It is being rolled out across the whole of North West London, in 8 boroughs including Harrow. Simon Joshua is the care coordinator for Harrow, based at Northwick Park Hospital.

The HIU (high intensity user) service identifies patients that are coming into the emergency department (ED) frequently (more than 6 times in 6 months). These patients account for 16% of all ED attendances, 29% of ambulance journeys as well as 26% of non-elective hospital admissions. This represents a cost to the NHS of £2.5bn per year.

The HIU team includes consultants in the ED, mental health service, a case worker for Harrow, a primary care lead (GP), addictions services (VIA in Harrow), police liaison and LAS frequent caller lead.

The patients are discussed in weekly meetings where caseloads are reviewed. It is the role of the care coordinator to identify needs of the patients that bring them into ED that could be met in the community. This might mean supporting with housing issues, mental health, addictions, frailty or certain conditions such as sickle cell disease. We can refer to various local organisations for support including voluntary services. Many patients have friends or family involved in their care and are referred to Harrow Carers, supporting them can reduce the patient's visits to the hospital.

We have already had some success stories, reducing the numbers of visits to the ED, calls to London Ambulance Service (LAS) as well as contact with the GP. Patients are reviewed regularly and followed long term to see if further support is required.

Simon is also part of the editorial team for the newsletter distributed to professionals throughout NWL.

For more information about the service contact the team by email
lnwh-tr.hiu-harrow@nhs.net

Patient and Caregiver Participation Group

Upcoming meetings are scheduled for:

- February 17th (location to be confirmed please email Simon for details)

Meetings will be held both in-person and on Teams.

Please contact Simon to join the mailing list at simon.joshua@nhs.net, or hospitalservices@harrowcarers.org.



The poster features a blue background with a white border. On the left, there is a vertical photo of a person in a purple uniform, possibly a nurse, holding a patient's hand. The text on the right reads: 'Patient & Carer Participation Group' in white and pink, followed by 'MONTHLY MEETING' in large yellow letters. Below that, it says 'Your chance to hear about your hospitals and make your voice heard!' in white. A white box contains the text 'NORTHWICK PARK, EALING AND CENTRAL MIDDLESEX HOSPITALS'. At the bottom, it says 'Online and also on each of the three hospital sites. Please contact us for more details, through Harrow Carers.' and 'Email: hospitalservices@harrowcarers.org'.

LOOKING AFTER YOURSELF

Cancer Info Harrow - Cancer Screening / Cancer Care Services

We are thrilled to announce the release of a new booklet, made possible through the invaluable support of Cancer Community Champion volunteers.

This resource highlights the work done since Summer 2023 through the Healthy Harrow Cancer Programme and aims to guide the community in navigating cancer screening and care services.

Special thanks to Macmillan Cancer Support and RM Partners for funding this important initiative, which has already made a meaningful impact in Harrow.

CANCER INFORMATION BOOKLET JAN2025



FAMILY AND FRIENDS SUPPORT
If your loved one is receiving care in our Harrow Community Mental Health team, we are here to support you.

Do come and have a chat and a cup of tea with a member of the clinical team. Each week we have different guest speakers, such as psychology, employment services, social prescribers, home treatment team, pharmacy, Harrow Carers and other third sector organization.

When: The third Wednesday of every month from 4pm to 5pm

Venue: Bentley House Room 12

Future sessions for 2025:
19 Feb, 19th March, 16April, 21 May, 18 June, 16 July, 20thth August, 17th September, 15th October, 19th November, 17th December.

If you would like to attend or have more information:
Please email:
cnwl-harrowmh.carersupport@nhs.net
or ask reception.

Prostate Cancer UK empowers men to navigate prostate cancer, affecting 1 in 8 men, with doubled risk for Black men. They raise awareness, fund research, advocate for change, and offer support for families and friends for information. [Prostate Cancer UK](#) | [Prostate Cancer UK](#)

It's never too late to start working towards a healthier lifestyle. There are numerous services available both online and in Harrow to help you on your journey.

Be more active

Harrow Health Walks: Free guided walks across Harrow led by volunteers. New walks include the Enderley Road Medical Centre Walk and the Step Up Together Women's Walk. For more information see [Harrow Health Walks](#)

Staying Active Booklet: A list of low cost and free activities in Harrow. Download the [Staying Active Booklet](#)

Street Tag App: Join teams, collect points, and tags by walking, running or cycling. Compete with others and stand a chance to win Tesco Vouchers. For more information see [Street Tag](#).

Improve mental wellbeing

Harrow Carers: We have many activities, including counselling to help and support you. Speak to us and find out how we can help

Harrow Carers Counselling

Our counselling service offers a safe place for you to be listened to and support you with the difficulties you're experiencing. Please give us a call on [0208 868 5224](tel:02088685224) or email talk@harrowcarers.org.

Good Thinking: Find digital resources to reduce stress and get recommendations for NHS approved apps through the [Good Thinking platform](#)

Other mental health support services: View a list of services in Harrow to support various needs. Visit [Support Services](#)

SNAPSHOTS

Incredible Milestone Reached!

From April to December 2024, with the unwavering support of our fantastic volunteer counsellors, Harrow Carers facilitated:

- 724 counselling sessions
- 173 carers engaged in counselling

This impressive achievement underscores the ongoing and vital necessity for counselling in the unpaid carer community. Their resilience and dedication inspire us daily.

A tremendous shout-out to the team and our remarkable volunteer counsellors for creating such a positive impact! Together, we are truly making a difference.



Our wonderful carers had a great time at our festive Carers' Christmas Party! A heartfelt thank you to all our amazing carers for your hard work—the celebration is dedicated to you! Special thanks to #morrisonsharrow for their generous donation of raffle gifts!

Carers Right Day Celebrations

We would like to express our sincere gratitude to everyone who participated in our Carers Rights Day event yesterday! Your enthusiasm, energy, and support made the day memorable and meaningful. Together, we raised awareness about the rights and challenges that carers encounter, celebrated their vital contributions, and shared essential resources to help them succeed.

A special thank you to our amazing speakers, volunteers, Gareth Thomas MP, staff, and all attendees – you are the driving force behind events like this that create genuine impact. Let's maintain this momentum and continue advocating for carers' rights each day!

Winter Vaccinations and Health

There are steps you can take to stay well, including getting your flu and COVID-19 vaccinations. These vaccines are essential for boosting your protection and reducing the risk of severe symptoms.

How to Get the Flu Vaccine If you're eligible, you can:

- Book a flu vaccination appointment at a [pharmacy online](#) or via the NHS App (if you're 18 or over)
- Find a [local pharmacy](#) offering NHS flu vaccinations
- Contact your GP surgery to book an appointment

Some may receive vaccinations through their maternity service, care home, or employer if they are frontline health or social care workers.

Stay protected and help keep yourself and others healthy this winter!





NOTICE BOARD



We are a friendly, supportive community of families who have children or young people with special needs or a disability that live in the borough of Harrow.

Our Steering Group are all parents that have children or young people with special needs or a disability. We represent the parents of children and young people up to the age of 25 with **any** form of SEND or health needs, both pre and post diagnosis, including those in mainstream schools, and we pass on their views to local professionals to help shape local services.

Keep up to date on our social media pages

 HarrowParentCarerForum HarrowParentCarers	 @HpfHarrow
 HarrowSendNoticeboard The Harrow SEND Noticeboard has regular local and national news updates and information	 harrowparentforum

If you need to get in touch
Email us at info@harrowparentforum.org
Give us a call on 07928 577 689
www.harrowparentforum.org

Harrow Parent Carer Forum (HPCF) is a parent-led SEND participation forum that is funded by the Department of Education (DfE).

UCL DIVISION OF PSYCHOLOGY & LANGUAGE SCIENCES



Are you of African-Caribbean Heritage?

Have you spent the first 10 years of life in a African or Caribbean Country?

Want £10 for half hour of your time

Age 40-80?

Tackling Cultural Bias In Memory Assessment

DEVELOPMENT OF CULTURALLY FAIR MEMORY TESTS IN CLINICAL PRACTICE

Recruiting Study Participants Now!

How do I get Involved/find out more?
If you meet the above criteria - contact:

What will I be asked to do?
You'll be asked to complete four short memory tests with a trainee clinical psychologist. **You will receive £10 for 30 mins of your time!**




Mike Gondello
Trainee Clinical Psychologist
Email: ucjumg5@ucl.ac.uk



This is a doctoral research study funded by UCL
Project ID: 26875/001 Supervised by Prof. Narinder Kapur
Ethical approval obtained by UCL REC committee.

Financial Foundations in Partnership with Harrow Carers



The workshops:

- 1 Building Blocks**
Get to grips with the money basics: An introduction to banking, understanding your money, how to budget, borrowing and credit scores.
- 2 Fraud and Scams**
Learn how to identify common financial scams and protect yourself from fraudsters.
- 3 Cost of Living**
Understand how to tackle the rising cost of living by exploring budgeting tips, savings strategies and what to do if you're struggling with debt.

If you would like to attend any of these financial information sessions run by NatWest please contact us
admin@harrowcarers.org, or
020 8868 5224 to register your interest
We will be running them later on in the year

Time:
11am to 12pm,
Please call (0) 208 868 5224 to book or email admin@harrowcarers.org to register for the workshops.

Where:
Main Hall at Harrow Carers, 376-378 Pinner Road, North Harrow, Middlesex. HA2 6DZ.

Harrow Wheelers - February Basic Bike Maintenance Workshop

Date: Saturday, 22nd February 2025

Time: 2:00 PM - 4:00 PM

Location: Old Lyonian Sports and Social Club, HA1 4QF

Shake off the winter chill and learn essential bike care skills! Join Harrow Wheelers' indoor cycle maintenance workshop, where experienced cycle mechanics and trusted volunteers will guide you through basic bike maintenance.

For more information and to book your spot, visit: www.tickettailor.com/events/harrowcyclehub

FEBRUARY

BASIC BIKE MAINTENANCE



HARROW WHEELERS



NOTICE BOARD

Calling All Carer Champions!

Are you passionate about supporting unpaid carers? Harrow Council is always looking for Carer Representatives to participate in co-production work. You can contribute as much or as little as you're able. If you're interested, simply send an expression of interest to Allie Brice at allie.brice@harrow.gov.uk.

Carer Champion Volunteer Role

The Carer Champion Volunteer role bridges Harrow Council, voluntary organizations, and unpaid carers to raise awareness and provide crucial support.

Volunteers will:

- Engage colleagues and communities to promote resources for unpaid carers.
- Participate in discussions to enhance carer services.
- Publicise events like Carers Week to bring the community together.

Key Benefits

- Meet new colleagues and expand your network.
- Develop organizational and advocacy skills.
- Make a tangible difference in the lives of carers.

Skills Needed

- A passion for supporting unpaid carers.
- Ability to motivate and engage others.
- An understanding of the roles and challenges of unpaid carers.
- Creativity and resourcefulness.

Support Provided

- Regular updates on community events and resources.
- Networking opportunities.
- Publicity materials to aid your outreach efforts.

This role is flexible and can work around your availability.



Northwick Park Hospital

Main entrance next to reception
Thursday 10am to 12 noon
13th and 27th February 2025

Conversation Café is an opportunity for Harrow residents to meet face-to-face with friendly Adult Social Care staff from the London Borough of Harrow.

All Harrow residents are welcome to stop by for a chat. We especially encourage people who feel vulnerable, as well as those living with a disability or who are unpaid carers.

Telephone: 020 8901 2680

Email: conversation.cafe@harrow.gov.uk

Website: www.harrow.gov.uk/conversationcafe



In partnership with:



St Peters 10 – 3pm every Tuesday with CAB
We are at Red Brick Café every Wednesday
10.30am – 1.30pm

We are at North Harrow Community Library every Wednesday between 2 – 5pm and will have CAB with us til the end of March 2025

A new café will be launching in East of Harrow this early spring
www.harrow.gov.uk/conversationcafe



Your Feedback Needed!

The council is reviewing its webpage to ensure it provides the most relevant and important information for carers. Input from carers is vital to make sure the content meets their needs and offers the best possible support.

Carers are invited to share their thoughts on what works, what's missing, and what could be improved.

[Support for unpaid carers - London Borough of Harrow](#)

To provide feedback please email Allie.Brice@harrow.gov.uk

OUR YOUNG CARERS

The 12 Days of Christmas - festive joy for Harrow's Young Carers

Over the festive season, our young carers, from juniors to young adults, experienced 12 days of magical moments, relaxation, and connection.

- Junior Young Carers (5–11 years): Their journey began with Santa's Workshop, creating baubles, gingerbread houses, and cards, all paired with cozy hot chocolate. They later enjoyed a lively Christmas Party filled with games and crafts, marveled at the Peter Pan Pantomime, and immersed themselves in the Paddington Bear Experience.
- Youth Group (11–15 years): Highlights included watching *Wicked*, teaming up with Harrow Boys' School to celebrate achievements at a Christmas Dinner, gaming at Gravity Stratford, ice skating, and adrenaline-packed Go Karting. Each activity gave them time to bond, unwind, and celebrate the season.
- Young Adult Carers (16–25 years): Their festivities featured a special dinner at The Duck and The Pond, adventurous axe throwing and karaoke at Boom Battle Bar, and exploring Winter Wonderland's markets, rides, and festive treats.

For many, these activities were a first, offering a vital respite from responsibilities and creating lasting memories. A heartfelt thank you to our donors, supporters, and staff for making this possible who made this possible. Your support gave our young carers the chance to feel celebrated, try new things, and simply enjoy being young.



youngharrow
foundation



Are you a young carer? Contact us at 020 8868 5224 or email: youngcarers@harrowcarers.org. We're here to provide free support and wellbeing services for unpaid carers.

SERVICE UPDATES

ELITE SPECIALIST HOME CARE

Do you know someone who might need some extra help at home?

The flexibility of our home care services enables you or the person you care for to live safely and comfortably in your home. From **hourly, daily, night, or weekly care visits**, right through to the dedicated support of a **24-hour live-in carer**. Whatever care your loved one needs, we'll work fast to help find a solution. And we understand care needs can change, so our plans are always flexible.

03300 882224 /

info@elitespecialistcare.org

<https://www.elitespecialistcare.org.uk>



- ✓ Affordable
- ✓ Person- Centred
- ✓ Peace of Mind



Providing Home Care for Over 15 Years!

Elite Specialist Care, part of Harrow Carers, has been delivering home care for over 15 years. We are regulated by the Care Quality Commission and are an approved supplier to the London Borough of Harrow.

COULD YOU BENEFIT FROM HOMESHARE?



Novus Homeshare brings together people with spare rooms with people who are happy to chat and lend a hand around the house in return for safe, secure, affordable accommodation.

If you know someone who may benefit from this service, please let us know or ask them to give us a call on 03300 88 2225 or visit <https://www.novus-homeshare.org.uk>

THANK YOU

Thank you FOR YOUR TREMENDOUS SUPPORT

Morrisons' Amazing Support and Donations

2024 has been an amazing year for support from Morrisons Harrow. Customers are selecting "Pick Up Packs" which have been packed with items for young carers as well as Harrow Carers events. They then pay for the items in the pack and leave for collection by Harrow Carers. Some of our young carers are supported with these essential items such as toiletries including dental care, shower gels, hand soap and hygiene items. This really helps them financially and also provides some items that they might not bother to go out to buy due to their caring role.

Annis at Morrisons, who is their community champion, has also donated lots of items for Christmas, and we recently picked up plants and decorations from their Christmas stocks which can be repurposed and save them from waste.

We have weekly collections from Annis of either surplus from the store or customer donations which helps tremendously both our carers directly and with our numerous events throughout the year. You can support Harrow Carers by taking the "pick up packs" from the store and paying for them with your other shopping (receipts are attached to the green bags with the value). Thank you so much!

Annis, Morrisons Harrow Community Champion with Simon, HUI Care Coordinator Harrow Carers



Fundraise for us!

Could you give a couple of hours of your time to organise a fundraiser, such as a coffee morning or a bake sale, to raise vital funds to support our work? Please call or email rehna.tanna@harrowcarers.org and we will support you as much as we can

FINAL NOTES



Let's talk about Wills and lasting Powers of Attorney

We are excited to invite you to a special session hosted by a Professional Will Writer from Balance Consultancy Limited, tailored to the needs of carers, and will be covering the following:

- Wills & Trusts
- Inheritance Tax
- Lasting Power of Attorney Financial
- Health & Welfare Lasting Power of Attorney



Date: Tuesday 11th February 2025
Time: 11am-12.30pm
Venue: Old Lyonians, 74 Pinner View
Harrow HA1 4QF

To book your place for this session please email:
admin@Harrowcarers.org
or call 020 8868 5224

Calling all Volunteers!

Do you want to make a difference to older peoples lives by visiting them in their own home and supporting them to link with the local community?



All you need is 2 hours a week for 6 months

You will receive training and become part of our team of caring volunteers.



For information, please contact Harrow Carers



- 📞 Priti Suchak
020 8868 5224
- ✉️ priti.suchak@Harrowcarers.org
- 📍 Harrow Carers, 376-378 Pinner Road,
North Harrow, HA2 6DZ

Since April 2024, we have welcomed more than 593 new unpaid carers in Harrow. As a charity, we depend on donations and grants to sustain our services and continue to assist those in need. There are several ways to support us, including donating, volunteering, or leaving a gift in your will. Every little Penny helps, thank you!



DONATE

Make a difference today

DONATE ❤️

FOLLOW US

Follow us on social media
Connect with Harrow Carers on social media.
We are on Facebook, Instagram, Twitter, Threads, LinkedIn and YouTube



Counselling Services



Our counselling service offers a safe place for you to be listened to, without judgment, to help you understand your thoughts and feelings. We can help you make sense of what you're going through and support you with the difficulties you're experiencing. Please give us a call on 0208 868 5224 or email disha.patel@harrowcarers.org for next steps.

USEFUL LINKS & CONTACTS

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

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

Ok Rehab:. Specialise in addiction treatment.

Use NHS 111 to get to the help you need

<https://111.nhs.uk/>

OUR NEWSLETTERS ARE NOW RELEASED QUARTERLY JAM-PACKED WITH INFORMATION AND ACTIVITIES. IN-BETWEEN WE SEND OUT UPDATE BULLETINS AS NEEDED