



THIS MONTH'S THEME IS...



OUT AND ABOUT

HIGHLIGHTS OF THE ISSUE

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CEO'S MESSAGE

Dear Carers,

Our theme this month is "Out and About" because we hope that you will gradually feel confident to get back to more normal living, despite the changeable nature of the covid cases.

We have planned events, many outdoors at our new leased ground at Old Lyonians where there is lots of social distancing available. One of these events is our family fun day on 20th August. More information is on page 16.

We also would like to invite you to pop into the center on Tuesday 3rd August 10am - 1pm for a coffee. In this edition, you will also find information about some of the many other organisations that provide carer support and other activities in the borough, so that you are aware of the choices available.

To help you get out, if you have difficulty leaving the person you care for, we have a limited amount of FREE respite care available. This is delivered by our home care team and funded by the Jean and Derek King Trust - to whom we are most grateful. See page 4. Another service that may be of use is our counselling and well-being service - if you are feeling anxious or stressed - just give us a call and we will work out how to help you. Many carers are still talking to us on a weekly telephone call, a service initiated during the pandemic and still useful as we adapt to the new reality.

Other organisations help us financially to deliver these services and we are grateful for confirmation of funding from several trusts including John Lyon's Charity, BBC Children in Need, the Headley Trust, and the Mercers Company. As a charity, we are dependent on their generosity which supplements some earned income and statutory support. We are currently providing activities free but you will see donation buckets, so if you can afford to, please help us to keep in financial health. We also welcome volunteers, which is another way for you to get out and about. I'm looking forward to seeing you at the centre and other events.

Wishing you all well,
Charmian Boyd



@harrowcarers



@harrowcarers



@carer.harrow

UPCOMING ACTIVITIES

COURSES



Assertiveness Course

Tuesday 10th August
10.30AM – 12.00PM ON ZOOM



Anger Management Course

Monday 16th August
2.00PM – 4.00PM ON ZOOM

WELLBEING SESSIONS



Pilates

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

Every Friday at
10.00AM – 10.45AM ON ZOOM



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 at
12:30PM – 1.00PM ON ZOOM



Music Workshop

Have you ever wanted to learn an instrument, explore new rhythms and melodies, write, perform, and even record your own song?

Create Arts are bringing us a new eight week course facilitated by professional musicians, offering a chance to try new instruments, beats and techniques. No instruments are required as Create will supply all equipment.

Places are limited, so please book now to avoid disappointment. You must be able to commit to all eight dates.

Thursdays 2, 9, 16, 23, 30 September, 7, 14, 21 October 2021, 10am – 1pm



in partnership with

CREATE
ARTS ONLINE

*Please note, the session on Friday 20 August will be a live session taking place at the Carers Family Fun Day

COMING SOON

Pilates. Yoga. Bollywood and Zumba classes returning September, look out in the next issue and website for times and dates.

wellbeing@harrowcarers.org or 0208 8685224 ext214

UPCOMING ACTIVITIES

SUPPORT GROUPS



Mental Health Support Group

Friday 13th & Friday 27th August 2021
at 1:30PM to 2:30PM ON ZOOM



Virtual Cuppa

Every Monday
10.00AM - 11.30AM ON ZOOM



Caring For My Partner

Wednesday 11th August 2021
2.30PM - 4.00PM ON ZOOM

***If you would like to join any of the activities please contact wellbeing@harrowcarers.org 0208 868 5224 x 214 for joining instructions.**

WORKING FOR CARERS SESSIONS



CV WRITING SKILLS

Thursday 29TH JULY 2021
10:30AM - 11:30AM (ONLINE SESSION)



BALANCING WORKING & CARING

Thursday 19th August 2021
2PM - 3PM (ONLINE SESSION)

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

SERVICE UPDATES



HEMOCARE

In the last two months, we provided free respite support to carers in Harrow. The respite enables carers to take a break from their unpaid duties as carers. Some of our carers told us they were able to go outside and take some exercise, relax and regain their mental strength, go to the supermarket, attend their own medical appointments, had time to speak with family and friends without pressure.

We are pleased to announce that we have received further respite funding for carers. A very big thank you to the Trustees of the Jean and Derek King Trust for their generosity and for thinking about our carers who need this valuable support. **If you need a free break from your caring role, please contact us.**

NOVUS HOMESHARE

It's been a great month for our matches.

As more and more people have received vaccinations, we are receiving an increasing number of 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 Gujarati speaking Homesharer after months of patient searching and interviews.

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 or visit



SERVICE UPDATES

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.

As part of the Working for Carers programme we are running the following sessions – Contact Working for Carers to register your interest in attending and joining the programme, workingforcarers@harrowcarers.org or call 020 8868 5224 Ext 218/208:

- **Balancing Working & Caring (online session) on Thursday 19th August 2021, 2pm-3pm**
- **CV Writing Skills (online session) – 29th July 2021 at 10.30am-11.30am**

Carers often express that they have little to no skills or experience to offer when they are considering returning to work – “I’m just a carer, I don’t have anything to offer”. The truth is, being an unpaid carer and looking after your loved ones gives you a wide range of experience, knowledge, and skills that you can bring to the workplace. It can be helpful to take a step back and look at all the transferable skills you’ve gained over the years. [Click here to read more](#)



“Carers have so much to offer, we had to learn huge amounts of information about the ones we care for and learn diplomacy, listening skills, how to be compassionate, managing finances, keeping diaries, providing transportation. But we don't recognise how much we have learned. I think there should be a Continuing Professional Development file created for anyone who takes up a care role just so we could see how much we have achieved and how much we are worth.”

[Read here](#) how Working for Carers helped Suzanne identify her transferable skills



SERVICE UPDATES

YOUNG CARERS



The weekly clubs have finished for the term and will restart week beginning 6th September 2021.

Wed: The Hangout / Run Cub- 16:00 - 17:30

Friday: Jam Lab / Run Club - 16:00 - 17:30

Saturday: Activities coming soon!

For more information about our groups or to book a place on our summer activities, please contact our Young Carers team at: youngcarers@harrowcarers.org.

Junior Young Carers Summer Activities 6-10yrs

Harrow Carers
Support, Training & Advice

Week	Date	Activity	Description
WEEK 1	Tuesday 27th July 2021	JUNIORS FUN DAY	Fun activities include: games, baking, sports, arts & crafts and more!
WEEK 2	Tuesday 3rd August 2021	LEGO ADVENTURES	Have fun with Lego, creating and building entire arenas. Work in teams on building challenges.
WEEK 3	Tuesday 10th August 2021	KIDZANIA	Interactive role-play, in a range of job professions! From firefighters and pilots, to journalists and TV presenters.
WEEK 4	Tuesday 17th August 2021	JUNIORS FUN DAY	Fun activities include: games, baking, sports, arts & crafts etc.
WEEK 5	Tuesday 24th August 2021	SUMMER PARTY	The usual mix of fun activities with a special guest!

To book a place for your child/ren, please email: youngcarers@harrowcarers.org with your child's name/s, dates required & your phone number. You will receive confirmation via email or phone. All activities are free of charge!

Please let us know if you need to cancel as many children are placed on a waiting list.

A signed Young Carers consent form will need to be completed if not previously submitted (attached to this email). Please return via email or one can be completed at drop off time.

SERVICE UPDATES



Youth Young Carers Summer Activities 11-17yrs

WEDNESDAYS

28th July 2021

WEEK 1 SOCIAL MEDIA SAFETY & MENTAL HEALTH REMIX

4th August 2021

WEEK 2 FIRST AID TRAINING & BBQ

11th August 2021

WEEK 3 WRITING CV'S & INTERVIEW TECHNIQUES

18th August 2021

WEEK 4 APPLYING TO UNIVERSITY

25th August 2021

WEEK 5 FOOD HYGIENE, FIRE SAFETY & BBQ

THURSDAYS

29th July 2021

THORPE PARK

5th August 2021

HOLLYWOOD BOWL, WATFORD

12th August 2021

YOUTH FEST

Activities include: gaming, sports, baking, arts & crafts and lots more!

19th August 2021

ROCKUP, WATFORD

26th August 2021

**SUMMER CHILL
THE SNOW CENTRE & PLANET ICE**

Ringo Sliding at The Snow Centre & Ice skating at Planet Ice.

To book a place, **please email: youngcarerseharrowcarers.org** with your name/s, dates required & your phone number. You will receive confirmation via email or phone. A Young Carers consent form will need to be completed if not previously submitted (attached to this email). Please return via email or one can be completed at drop off time.

STAFF UPDATES



In person

Saturday 10th July 1-2pm

Saturday 24th July 2-4 pm

Saturday 7th August 1-2pm

Saturday 21st August 2-4pm

Virtual

Friday 2nd 12-1.30pm

Friday 16th June 6-7.30pm

Friday 30th June 12-1.30pm

Friday 13th August 6-7.30pm

We also have a new Parent Carers Whatsapp Group.



I would like to introduce myself as the new Parent Carer Support Worker here at Harrow Carers. My role is to provide support to anyone who is a carer for a child with disabilities in Harrow. I am passionate about making sure Parent Carers feel informed, supported, and have adequate respite.

I am committed to supporting parent carers in reducing the challenges and stresses of care. I understand first-hand the challenges that come with this role including the emotional and physical toll it can take. I have extensive knowledge of legislation, guidance, and entitlements.

I can support as an advocate for parents to receive fair care packages from both social care, schools and the NHS.

I can assist parents to write letters when further support is needed and signpost to Harrow Carers and other sources of support to help parent carer's get access to needed services.

I have detailed knowledge of all the relevant benefit entitlements for parent carers including; DLA, Carers Allowance and Universal Credit and can signpost to calculators that can help you work out entitlements. I can also gain access to and refer you to our Benefits Team here at Harrow Carers.

Please do give me a call to discuss your support needs as a parent carer.

I have set up the Parent Carers Empowerment Group to share knowledge, support and empower each other. Please join us on one of the initial dates below. If popular new dates will be added

To find out more contact:

Syanne Walker

07736923442

syanne.walker@harrowcarers.org

WHAT IS ANXIETY AND HOW TO MANAGE IT

WHAT IS ANXIETY?

Anxiety is a word used to describe feelings of fear & worry. It involves both our emotional and physical responses when we experience worries and tensions of our life. Whenever we are under stress our 'flight and fight' mode activates which is a natural process used to overcome our anxiety. We will all feel anxious at some time and it is very common to feel tense or unsure about a potentially stressful situation, such as the situation we all are in i.e. the Covid Era. The way we respond to our stressors is different for everyone and it affects some people more than others. Despite being a normal experience, if these feelings left unaddressed at the proper time, it can be overwhelming. The symptoms of anxiety includes rapid and/or irregular heartbeat, fast breathing, sweating, nausea, dizziness, trouble sleeping, feeling irritable, lack of concentration, panic attacks etc.

The best way to manage it is as follows:

1. Relax Your Facial Muscles:

Try some facial relaxation exercises, like pressing your tongue against the back of your front teeth to relax your jaw.

Some face exercises that can relieve facial tension:

- Happy face: Smile as wide as you can, hold for the count of 5 and then relax. Do 10 repetitions (reps) per set of exercises.
- Slack jaw: Let your jaw fully relax and your mouth hang open. Bring the tip of your tongue to the highest point of the roof of your mouth. Hold this position for a count of 5, and then ease your jaw back into a resting closed mouth position. Do 10 reps per set.
- Brow furrow: Wrinkle your forehead by arching your eyebrows as high as possible. Hold this position for a count of 15, and then let it go. Do 3 reps per set.
- Eye squeeze: Close your eyes tightly and hold this position for 20 seconds. Then, make your eyes go blank: Completely let go of all the little muscles around your eyes and stare expressionless for 15 seconds. Do 3 reps per set.
- Nose scrunch: Wrinkle your nose, flare your nostrils, and hold for the count of 15 and then release. Do 3 reps per set.

WHAT IS ANXIETY AND HOW TO MANAGE IT

2. Exercise

Don't skip out on a good workout. Exercise releases endorphins, which will naturally help your body and mind relax. If you can't make it to the gym, do a small cardio and ab workout in your living room. Try out Pilates session or Zumba workout by clicking on the links:

[Pilates Video](#)

[ZUMBA Video](#)

3. Duration-One minute

Breathe yourself calm-Inhale slowly through your nose, counting to three, hold your breath, and then breathe out for six counts.

Ten times will reduce levels of the stress hormone cortisol, and boost feelings of wellbeing.

It is recommended that if you are feeling panicky sitting or standing with your feet hip width apart and inhaling, holding and exhaling for four counts each, breathing through your nose will help you relieve stress. Because you cannot hyperventilate if you're breathing through your nose.

4. Get Perspective:

Accept the fact that life isn't perfect -- and learn to roll with it. Step back from whatever feels overwhelming today and get some perspective. Ask yourself: Is this something that will matter to me tomorrow? In one month? In six months? From there, determine which issues really matter and which are insignificant in the long run. If you make a habit of assessing your stressors on a regular basis, you'll learn to only focus on the things that are really important, and let go of the rest.

5. Focus on One Thing

Multitasking often adds to your stress levels because you feel like you're never getting anything done. Train your mind to focus on one thing at a time. This will increase your quality and efficiency. Create a to-do list in the morning and check things off one by one.

Our Counselling service offers a safe place for you to be listened to, without judgement, 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 get in touch 020 8868 5224 ext 219 / talk@harrowcarers.org



OTHER UPDATES



CNWL'S HARROW MENTAL HEALTH SERVICE CARER CLINIC



WHEN AND WHERE

The carer clinic is every 3rd Tuesday of the month with 30-minute appointment slots between 2:00pm - 4:40pm.

2021 dates are:

- 18th May
- 15th June
- 20th July
- 17th August
- 21st September
- 19th October
- 16th November
- 21st December

Appointments are available over Zoom, Microsoft Teams or Telephone

CONTACT

EMAIL: cnwl-harrowmh.carersupport@nhs.net

Please email to speak to a carer champion directly. Emails are regularly checked from Monday - Friday 9:00 - 5:00pm

PHONE: 01895 206 578 to book an appointment

WEBSITE:

<https://www.cnwl.nhs.uk/patients-and-carers/information-carers>

WHO IS A CARER?

A carer is someone who provides help and unpaid support to a friend, family member or any other loved one.

WHAT IS THE CARER CLINIC?

CNWL recognises the importance of working in partnership with carers and that sometimes carers have concerns or questions that are best answered at a senior management level. The carer clinic is an opportunity to have a one-to-one consultation with a senior member of Management.

The Senior Management Team is made up of Social Workers, Nurses and Occupational Therapists from different mental health services:

- Matrons from the Adult and Older Adult Acute Wards
- Managers of the Community Mental Health Hubs/ Bentley House
- Borough Lead Occupational Therapist

WHAT SUPPORT CAN THE HARROW CARER CLINIC OFFER?

The carer clinic can offer a range of support and information, depending on your individual needs or concerns. Some examples are:

- Concerns and compliments about the level of care you and your loved one are receiving
- Questions about how mental health services operate
- Signposting to additional support available for carers
- Information on policies and procedures
- Information on patient and carer involvement opportunities

CNWL's Harrow Mental Health Service will do their best to address any concerns and provide formal feedback.

OTHER UPDATES

CARER'S WEEK

It was amazing to meet so many of you and how excited you were to see each other too. We were gifted with hot sunny days for the Carers Picnic, Meet and Greet, Thai Cook Out and the Aloha Barbecue.

Food and therapies are definitely amongst carers' favourite things to do. Lots of smiley faces and lots of you returned to more than one event including the Photography session and Reptile encounter on Zoom.

It was great fun and we really look forward to doing it again soon!



A special thank you to Neil Greenhalgh of Neil Greenhalgh Photography Club, Rebecca Yusuf from the Admin, Cllr John Hinkley, Cllr Jean Lammiman and Cllr Sue Anderson, Allie Brice from Harrow Council, Amanda Ashton from Voluntary Action Harrow, Wenzels (North Harrow), Morrisons, Golden Kitchen (North Harrow), Justine from Just Pilates, carers Surinder Lotay and Parminder Patti, Kings Road and Eastcote Surgery (who kindly provided medical checks for carers) and all our colleagues and partners for their support during and after Harrow Carers Week.

Please keep free Friday 20th August for the next Carer Picnic, please bring your own blankets chairs and picnic food, we'll provide the entertainment!

See you soon! From everyone at Harrow Carers

SAVE THE DATE

DEAR VOLUNTEER AND FRIEND OF HARROW CARERS

Some time ago I did inform that we will be carrying out a volunteer night for all of our terrific volunteers who courageously stepped up to the plate for our unpaid carers and vulnerable community members at the beginning and throughout the pandemic.

Now that things are easing and covid restrictions fully lifted, as a thank you, I would like to invite you to a free summer camping night on Saturday the 14th of August from 12 noon onwards.

Harrow Carers has just taken over the lease of the Old Lyonians sports and social club grounds off Pinner View. It is surrounded by trees and lovely open field of 3.5 acres.

There are toilet facilities for both men and women along with hot water and a spacious indoor sports hall and bar area. There is also an indoor kitchen and an outdoor bbq area.

I would love for you all to join us and dust down your camping gear (tent, sleeping bag, camping chair, water bottle, knife, fork, spoon, cup, warm clothing, mosquito spray) for one night of fun, food and laughter under the stars.

5 Key Survival Skills when lost in the Harrow wilderness:

- 1, Attitude (Plenty of laughter)
- 2, Fire (BBQ on site)
- 3, Shelter (Bring your tent / help build a survival wilderness shelter)
- 4, Water (Plenty of taps on site so we will not have to forage too far for water supply, there will be some free bubbly for the evening sit down)
- 5, Food will be provided (No need for picking edible berries, or setting traps).

Due to children's safeguarding regulations this is an adult only event, 18 and over.

This is strictly an RSVP event for Harrow Carer volunteers: **Colin.Powell@harrowcarers.org**



OTHER UPDATES



Have you struggled to get a GP appointment during the pandemic? Were you unhappy with the way the hospital handled your discharge? Were you pleased with your dentist or care worker?

If you have recently used a local health or social care service, Healthwatch Harrow want to hear about your experiences – good and bad. While we do not intervene in individual cases, we are hereto collect feedback from Harrow residents and share your views with commissioners and other health or social care providers to help them make services better.

In the coming months, we will be focusing particularly on the impact on communities of Covid-19, long Covid and the vaccination programme, health and social care inequalities, access to services and digital inclusion, and how well local people's needs are being met. If you have feedback about these issues or any other local providers, we want to hear from you. We are also passionate about representing carers living in Harrow and are keen to bring a valuable Carer Champion onto our volunteer team to support increased engagement.

So, if you would like to share your experience, confidentially or openly, or would like to become a Healthwatch Harrow Carer Champion, you can call us on 020 3432 2889 or email us on info@healthwatchharrow.co.uk

For more information, please feel free to visit our website, www.healthwatchharrow.co.uk

We hope to hear from you soon!



UPCOMING EVENTS



HARROW CARERS INVITES ALL LOCAL NEIGHBOURS TO A FREE ENTRY FAMILY COMMUNITY PICNIC

**OLD LYONIANS SPORTS GROUND
74 PINNER VIEW HA1 4QF**

12 NOON **FRIDAY, 6TH AUGUST** **7PM**

BRING YOUR PICNIC BASKETS, BLANKETS, CHAIRS AND UMBRELLAS AND RELAX IN THE GROUNDS

PRIZES FOR THE TOP THREE THEMED CREATIVE PICNICS
GO GREEN AND WALK TO THE GROUNDS WHERE POSSIBLE

EVENT WILL BE CANCELLED IF HEAVY RAIN FORECAST

WWW.HARROWCARERS.ORG NO ILLEGAL SUBSTANCES TO BE BROUGHT ONTO THE PREMISES



FRIDAY 6TH AUGUST 12noon-7pm
Family Community Picnic
No booking required!



A DAY OF CELEBRATION
Sunday 25th July
11.00am - 5.00pm

Organised by Harrows wonderful voluntary & community groups

- Live Music
- Childrens play area
- Arts and Crafts
- Food & Drinks
- Prize Draws
- Art shows
- Advice services
- Local businesses
- Entertainment
- Face painting

Come and join in with your community

BOOK YOUR STALL SPACE NOW!
VISIT OUR WEBSITE
www.madeinharrow.org

Location: Arc Harrow

A celebration of everything that helped Harrow pull together during the pandemic

For more information about this event

Come along to a day of celebration at Arc Harrow
SUNDAY 25TH JULY 11am - 5pm
[Click here for further information](#)



WE HAVE A NEW VENUE

Old Lyonian Sports Ground,
74 Pinner View, Harrow HA1 4QF



RELAX! NEW VENUE ADDED!



**OLD LYONIANS SPORTS GROUND
74 PINNER VIEW
HARROW HA1 4QF**

Set in 3.5 acres of private grounds
Sports Hall Bar-Lounge Kitchen BBQ Free wifi
Gated free parking

For private hire, regular bookings contact:
Email: admin@harrowcarers.org
Tel: 0208-868-5224

www.harrowcarers.org
No alcohol to be sold on site

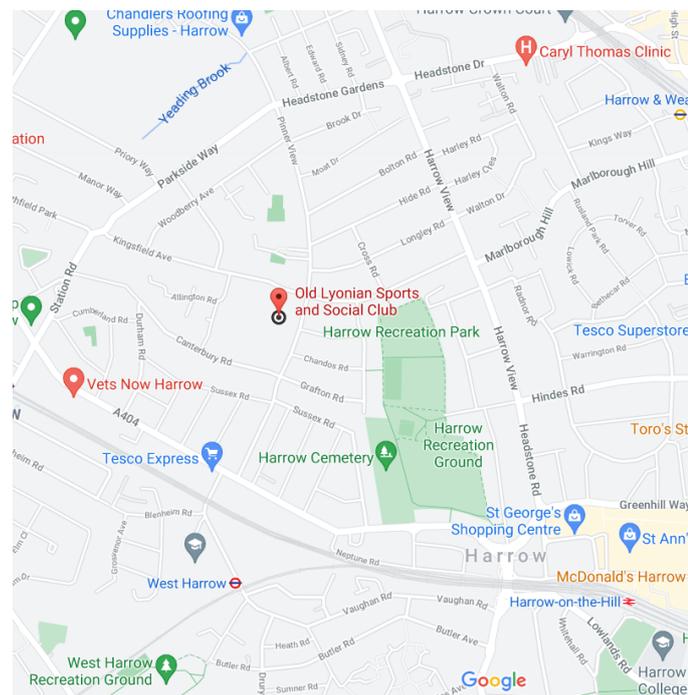


Nearby public transportation stops & stations:

- 0.3 mi Rutland Road
- 0.3 mi West Harrow Station Pinner Rd
- 0.3 mi Hide Road

Parking available

[Click for map and directions](#)



UPCOMING EVENTS

Harrow Carers invites you to our free Summer Carers Family Fun Day Picnic!

ARCHERY, BIRDS OF PREY, REPTILES, BIG SCREEN FAMILY MOVIE (ET) CHILDRENS GAMES, PRIZES FOR BEST THEMED PICNIC, AND MUCH MORE!

BRING ALONG: YOUR PICNIC BASKETS, CHAIRS, BLANKETS, UMBRELLAS, AND RELAX IN THE LOVELY PRIVATE GROUNDS!

MESSAGE FROM OUR AMAZING SPONSOR, HARROW SCHOOL

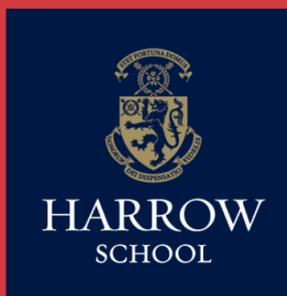
Its an honour to work with Harrow Carers to support our amazing carers throughout the borough. We continue to be inspired by their work and delighted to support them in any way that we can. We are looking forward to continuing our work with the young carers next year and wish Harrow Carers and all their wonderful staff and carers a very happy family fun day!



SPECIAL GUESTS: JOHN MCLEAN OBE, CHAIR OF CARERS TRUST, TIM DALTON, DIRECTOR, HARROW SCHOOL SHAFTESBURY ENTERPRISE.

**FRI 20TH AUGUST 2021
12NOON – 5 PM
OLD-LYONIANS SPORTS GROUND,
74 PINNER VIEW,
HA1 4QF.
PLENTY OF FREE PARKING ON SITE, FREE WIFI.**

**WWW.HARROWCARERS.ORG
TEL:0208-868-5224**



**Places are limited so booking is advised
wellbeing@harrowcarers.org / 0208 868 5224 x 214**

UPCOMING EVENTS



CARER FAMILY FUN DAY: REMINISCENCE GROUP

Michelle will be running this 45-minute session for carers & their families to share a happy memory with the group

Simply bring along an old photo or small object that reminds you of a happy memory

Recounting happy times can have a positive effect on our wellbeing, and sharing these events with others has been found to have a positive impact on physical, and mental wellbeing

To book your place on the Reminiscence session, email wellbeing@harrowcarers.org or call 020 8868 5224

Family Fun Day carer activities led by our lovely Michelle Kay!



**Bring a happy memory and...
Create a New One!**

"Sometimes you will never know the value of a moment, until it becomes a memory" ~ Dr Seuss

To book your place please email:
wellbeing@harrowcarers.org
or call 0208 868 5224



CARERS FAMILY FUN DAY: CREATIVE SESSION

In this fun 45-minute session, we will be celebrating all the positive attributes and qualities that we have as individuals (and maybe have forgotten about.)

We will be decorating pie charts, and love hearts, and creating a visual wall to celebrate that we are... so much more than a carer.

(The only drawing skills needed are the ability to draw on all the wonderful things that make us who we are!)

I Am... SO MUCH MORE THAN A CARER

To book your place on the Creative session, email wellbeing@harrowcarers.org or call 020 8868 5224

CUPPA & CHAT



We are so excited to be opening our doors again and welcoming you all back to the centre!

**TUESDAY 3RD AUGUST 10am-1pm-
OPEN DAY AT HARROW CARERS
CENTRE!** Pop in for a cuppa and a friendly chat with members of staff !



NOTICE BOARD

INFORMATION ON ACTIVITIES AND THINGS TO DO IN HARROW - GETTING OUT AND ABOUT

Home Guard Club

Home Guard Club is now open in North Harrow 5pm to 11pm, Friday Saturday
Sunday lunch time 12pm to 11pm.

Bring food in.

Bingo Wednesday 7.30pm, Music Saturday by request, Quiz Sunday 7.30pm. All enquiries to Peter Edwards 0208 427 9362.

Harrow Health Walks

Harrow Health Walks are FREE and provide local residents with an opportunity to walk regularly in a relaxed and friendly environment and enjoy some beautiful green spaces. The walks are led by qualified and insured volunteer walk leaders, who encourage you to walk at your own pace. Everyone is welcome, regardless of age and fitness level.

[Click Here](#) for further details and book a walk!

Live Events in September

The Wellbeing team at Harrow Carers is working hard to book new activities and instructors for September 2021. All of these activities will take place at our new centre, please keep an eye on our newsletter and social media pages for some exciting updates!

wellbeing@harrowcarers.org if you are interested in anything.



100%
Hosted by Allie & AJ Brice

Monthly Quiz Night held on the first Thursday of every month
7.00pm – 8.30pm

Grab a pen and paper, a drink, some snacks, your family members & friends and get your brains in gear (virtually of course).

The quiz is 6 rounds and just for fun
All quiz nights are via Zoom and use the same meeting ID and password

Meeting ID: 847 4404 7229
Passcode: 853873

FUTURE DATES FOR YOUR DIARY
01/07/2021 – 05/08/2021 – 02/09/2021 – 07/10/2021 – 04/11/2021 – 02/12/2021 – 06/01/2022

READY FOR A QUIZ?

Details of other ways to keep active in Harrow can be found under Leisure and Activities at Health and Leisure - [Click Here](#)

Would anyone be interested in learning more about the self-management of arthritis? We can arrange for Arthritis Action to be a Guest Speaker and cover different topics to include exercise, pain management, pacing and diet to name a few.

It will be as interactive as possible, and questions and sharing of hints and experiences will be encouraged. Please contact Jane on 020 8868 5224 x 214 or wellbeing@harrowcarers.org

INFORMATION

FAMILY SERVICES TOP TIPS

Personal Independence Allowance!

You can claim the PIP form:

1. by telephone calling Department of Work and Pensions- 08009172222
2. by post - you need to write a letter to ask for the form.

Address: Personal Independence Payment New Claims

Post Handling Site B, Wolverhampton, WV99 1AH

Disability Living Allowance!

Claiming Disability Living Allowance (DLA) for your child can be a stressful process but please don't worry! Whilst it is certainly no easy task, our team are here to help and guide you right from the start! Phone and request the application (0800 121 4600). You can also download the form online (<https://www.gov.uk/disability-living-allowance-children/how-to-claim>).

Carers Allowance!

Claiming carers allowance is relatively straightforward! But, there are a number of conditions that have to be met.

For further information on how to claim and if you are eligible, please visit [Carer's Allowance - GOV.UK](http://www.gov.uk)

(www.gov.uk) or call 0800 731 0279

Family Fund Grant!

Family Fund is a charity which supports families who are caring for a child with illnesses disabilities by providing grants for the whole family. To apply please [open this link](#) to apply or call 01904 550055

Counselling!

Kids Can Achieve know that having child with a disability can be emotionally challenging for the whole family. They are proud to have secured funding to offer free counselling for families. To access the therapy Simply contact the family service team by email family.service@kidscanachieve.co.uk



We can also help with Benefit and Attendance Allowance. Get in touch to find out how.

For further information and assistance in any of the topics listed above - please contact Harrow Carers at admin@harrowcarers.org

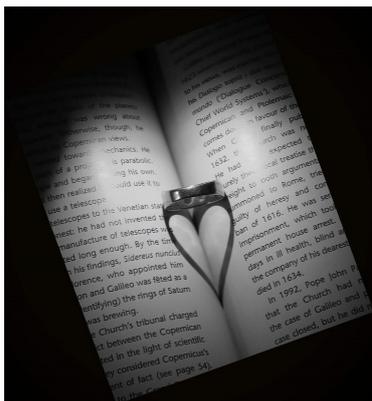
THANK YOU TO ALL

Congratulations to our Photography Competition winners!!

2nd Marion Hood



1st Uparima Goonetillake



3rd Alpa Raja



A huge thank you to John Lewis Partnership for their kindness and amazing donation to assist our young carers child poverty service!



We want to hear from you!

We are inviting any carers who have experienced anxiety and worry venturing out during the pandemic, and how they've coped (or not) to share their stories. We would love to hear from you! Contact admin@harrowcarers.org

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

Harrow Carers Forum: A forum for parents with children/young people with special needs/disability,

SEE YOU NEXT MONTH!