

JANUARY 2021
NEWSLETTER

HARROW CARERS



HAPPY NEW YEAR! HERE IS A SNAPSHOT OF 2020



CEO'S MESSAGE

Dear Carers,

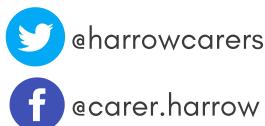
Happy New Year to you. Despite the restrictions and difficulties, we are hopeful that this will be better than 2020 for you.

Some good news this month is that carers are being listened to. New advice from the Joint Committee on Vaccination and Immunisation recommends that carers who are in receipt of Carer's Allowance, or are the main carer of an elderly or disabled person whose welfare may be at risk if the carer contracted COVID, should be included in Priority 6 group. This comes as a result of many carers and carers organisations lobbying - so well done to those of you who got in touch with us. Also inside this monthly newsletter we have much information about your health: vaccinations, social prescribing and utilising NHS services.

Of course health is so important to all of you, but as we enter another lockdown we hope to lighten the load. Do please join in some of our fun activities online. These include Pilates, live cooking sessions, creating a collaborative Zine with poetry, visual art and writing.

We continue to make telephone calls to see how you are, and also welcome your calls and emails, so please do get in touch to have a chat or ask us for advice or help.

Kind regards,
Charmian



UPCOMING ACTIVITIES

Wellbeing Sessions

Session	Date (s)	Start Time
Mindfulness	1 st 8 th 15 th 22 nd of February	2pm
Understanding Depression	16 th of February	10am
Understanding Anxiety	16 th of March	2pm
Relaxation & Stress Management	16 th 23 rd 30 th of March	10am
Mindfulness Taster	19 th of March	2pm

Support Groups

Group	Date (s)	Start Time
Virtual Cuppa	Every Monday	10am
Caring For My Partner	20 th of January & 10 th of February	2:30pm
Pilates	Every Wednesday (starting on the 27 th of January)	11am
Mental Health Carers	22 nd of January & 12 th 26 th of February	1:30pm
Time To Change <small>(a small conversation about mental health has the power to make a big difference)</small>	4 th of February	11:30am
Creating My Family Tree	27 th of January & 24 th of February	2:30pm
Zine Making <small>(create a collaborative zine (DIY magazine) using a mix of creative writing/poetry and visual art/collage)</small>	27 th of January, 3 rd 10 th 24 th of February & 3 rd 10 th 17 th of March	10:30am
Cooking Session <small>(our operations director will be making a delicious fusion curry with tastes from the Caribbean, India and Malaysia)</small>	26 th of March	12:00pm <small>*If you would like to join any of the activities please contact wellbeing@harrowcarers.org for joining instructions.</small>

SERVICE UPDATES



WORKING FOR CARERS

There are many new jobs available in administration, vaccination and marshalling. Full training is given, the jobs can be as part time as you want and are very flexible. Do talk to one of our friendly Employment advisors today to help support you consider if you can make an application. This is a great route in to a permanent job in the NHS if you want to make a career move.

Also if you haven't checked out our new WfC video, click [here](#) to view it. The video will help you understand how we can help carers gain skills and confidence needed to get back into the workforce.

BENEFITS & ADVICE

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

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



VOLUNTEERING

Our volunteers continue to do more than their bit for Harrow!

Harrow Carers fantastic family of volunteers continue to dedicate their time to assist our charity and Harrow's amazing carers. When we are all able to come back together and meet face to face we will be inviting all volunteers both past and present to join us at our Volunteer Night of Stars to celebrate the outstanding commitment and achievement of all. Many thanks to all our volunteers from painters to counsellors.

SERVICE UPDATES



NOVUS HOMESHARE

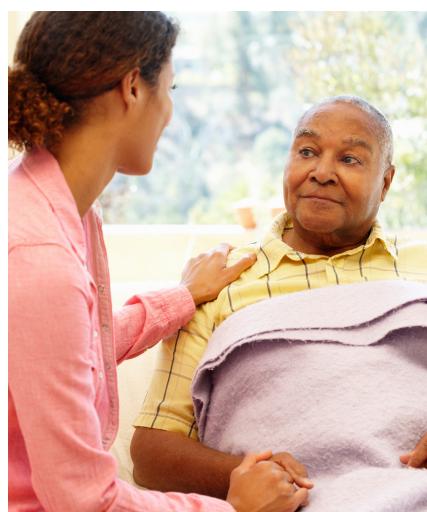
Despite the detrimental effects of COVID in the homeshare community, we are still operating at full capacity. We have got three opportunities available for homesharers, visit our [website](#) for more information. Here is a quote from one of our householders' daughter:

"I am delighted that we have a homesharer, Michael, living with my mother. It has been especially good during lockdown, when there are fewer visitors and fewer things for my mother to go out for. For my mother, it gives continuity and calmness – she knows there is someone there"

YOUNG CARERS

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

Lastly, text messages are now used to connect with you and keep you up to date with activities and allow you to book online. Please make sure we have your up-to-date contact details. Click [here](#) to update us.



HOME CARE

Our reliable and well-trained Care Support Workers are continuing to deliver essential care and support to our clients ensuring they are well stimulated thereby reducing the effects of the pandemic. With their experience and flexibility our Care Support Workers can adapt to your changing needs, you can rest assured that you will always have a Care Support Worker there when you need them.

To find out more please speak to our homecare manager today and get a quote that is tailored to your care needs, or visit our website www.harrocarers.org for more details.

OTHER UPDATES



COUNSELLING SERVICES

Online and telephone sessions available !

WE OFFER DIFFERENT TYPES OF COUNSELLING:

- DEPRESSION AND LOW MOOD
- CHOICES AND TRANSITIONS
- BEREAVEMENT AND LOSS
- SELF ESTEEM / SELF WORTH
 - STRESS/ANGER - WORK/HOME
- RELATIONSHIP DIFFICULTIES
 - FEELING UNFULFILLED
 - ANXIETY AND PANIC ATTACKS
- UNSURE OF LIFE'S MEANING

376-378 PINNER RD, NORTH HARROW,
HA2 6DZ

T: 020 8868 5224

E: ADMIN@HARROWCARERS.ORG



“
Harrow Carers helped me when I needed it most - picked me up from the floor!

”
Carer

VACCINATIONS FOR UNPAID CARERS

We have excellent news about vaccinations!

The Joint Committee on Vaccination and Immunisation (JCVI) published advice on 30.12.2020 that recommends that carers who are in receipt of Carer's Allowance or are the main carer of an elderly or disabled person whose welfare may be at risk if the carer contracted COVID should be included in Priority 6 alongside people with underlying conditions.

Click [here](#) to read more about your vaccination!

VACCINATION SCAMS: WHAT THE NHS WILL NEVER ASK FROM YOU

We are aware that some people are receiving suspicious calls and text messages offering the COVID-19 vaccination.

To protect yourself and your family members from fraud and criminals, remember the following points:

The vaccine is only available on the NHS for free to people in priority groups, and the NHS will contact you when it is your turn. Anyone offering a paid-for vaccine is committing a crime.

The NHS will never ask you to press a button on your keypad or send a text to confirm you want the vaccine, and never ask for payment or for your bank details.

At the moment we are also not making house calls to deliver or discuss the vaccine. Anyone offering this now is committing a crime.

If you believe you have been the victim of fraud or identity theft you should report this directly to Action Fraud on 0300 123 2040.

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.

OTHER UPDATES

MESSAGE FROM OUR SOCIAL PRESCRIBER

Hello everyone, my name is Zahra Hussein. I support Healthsense PCN in my role as a social prescribing link worker on a referral basis. I have been in post since March 2020. I support clients' well-being by identifying clients' need for non-medical support and improving their mental health well-being by linking clients with activities and services that are available locally and nationally. I do this by focusing on social needs, based on what matters to the client, rather than what is the matter with the client e.g. debt advice, housing, homelessness, social isolation, domestic abuse, mental health, carer support, chronic illness, low self-esteem, addiction, weight management and inactivity.

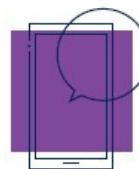
Each day is different for a Social Prescriber. Still, my passion for inspiring and motivating people to live their lives in the best way they choose by taking small and constructive steps towards what really matters to them, is the one thing that never changes. During a tough time, it has been a rewarding experience for me and the other social prescribers (based at other practices), helping clients and doing my part in working with clients to strengthen their well-being.

See you next time!

GP UPDATE



...but because of the Coronavirus pandemic the way patients are seen in primary care has changed.



If you feel unwell or have any worrying symptoms, such as potential signs of cancer, you should seek medical assistance

GP practices are open and here to help but because of the need to minimise the amount of face to face contact to keep you safe, most appointments in the first instance are carried out over the phone or via video. In an emergency, for example if you think you might be having a heart attack or stroke, call 999.



If a face to face appointment is needed you will still be seen in person by a GP

Telephone appointments are not suitable for everyone – if you need a physical examination or blood test, for example. You and your GP can reach a decision on what is best for you.



If you have Coronavirus symptoms you should stay at home for at least 10 days

from when your symptoms started and call NHS 111 if your symptoms worsen. You should arrange to take a test by visiting www.nhs.uk or by calling 119 but do not go to a GP surgery, pharmacy or hospital.

For more information visit

#GPIsopen
 @rcgp
www.rcgp.org.uk



WE HOPE EVERYONE HAD A GREAT CHRISTMAS!

HERE IS A LOOK AT OUR STAFF'S CHRISTMAS DECORATIONS



ENTERING 2021 WITH HOPE

HERE ARE SOME MOTIVATIONAL QUOTES TO START YOUR DAY

"I CAN, I CAN,
I CAN DO IT"

"KEEP CALM
IM A CARER"

"ONE DAY AT
A TIME"

"START EACH
DAY WITH A
SMILE."

"PROVE THEM
WRONG"

"CREATE YOUR
OWN
SUNSHINE"

POEM OF THE MONTH

YOU MUST STAND WHILE
OTHERS ARE SITTING,
HOLD YOUR HEAD HIGH
WHILE OTHERS ARE
SLEEPING,
RUN THROUGH THE FIELDS
WHILE OTHERS ARE WALKING,
KEEP YOUR DREAMS ALIVE
WHILE OTHERS GROW
OLDER,
YOU MUST THINK WHAT
OTHERS DONT,
SO YOU CAN BE WHAT
OTHERS DONT SEE.

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.

Vaccination: 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!