



THIS MONTH'S THEME IS...



FESTIVE

HIGHLIGHTS OF THE ISSUE

UPCOMING ACTIVITIES

| pg. 2 |

KNOW YOUR RIGHTS

| pg. 6 |

LOOKING AFTER YOURSELF

| PG. 7 |

IN THE SPOTLIGHT

| PG. 9 |

OUT AND ABOUT

| PG. 10 |

SERVICE UPDATES

| pg. 13 |



CEO'S MESSAGE

Dear Carers

May I wish you all a very Happy Christmas and festive season. We have a special line up of fun and activities - something for carers of all ages and inclinations. Do join us for the Santa Dash which is open to all - you can just come and watch and enjoy a cuppa and mince pie if the activity is not for you! See page 3.

It seems early, but we have of course begun to plan for the new year and are grateful for the help and advice of our reformed advice group which has given us some great feedback and ideas. We are still able to welcome a few more volunteers if you would like to help shape our charity. Please do contact us. One of the many volunteers who has helped us is our trustee, Janice Howkins, who has a special feature on page 9. Other volunteers that have been generous with their time include boys from John Lyons School who are helping raise money to support our garden venture at Old Lyonians, and Harrow School boys' who are resuming catch-up lessons and activities for the Young Carers. It's great to see the young supporting carers in this way.

Not everyone wants to volunteer as they are often busy with caring duties. So, in this season of giving, another way of helping us to help you is to donate. Most of our services, activities and events have been free to carers this year but of course, they must be funded somehow. So, if you have enjoyed attending or been helped in some way - please do spread the word to friends and family, there are many ways to help us make life better for carers; from fundraising, donations and payroll giving to legacies and gifts in memory. We are immensely grateful for anything however small.

Our many funders and trusts continue to be very generous, and we are pleased to have received a grant from the Carers Trust to support Young Adult Carers aged 16-25. Supporting this group along with our new Parent Carer Advisor means we can better cater to the needs of carers of all ages. Another new service that is just starting is a new hospital discharge service running in partnership with Age UK.

This will help patients and carers to leave the hospital more efficiently and effectively. More to follow in the new year 😊

Wishing you all peace and happiness

Kind Regards
Charmian

 @harrowcarers

 @harrowcarers

 @carer.harrow

UPCOMING ACTIVITIES

CHRISTMAS • MARKET •

Outing to St Albans and Christmas Markets - Monday 13th December 2021

We will be leaving Harrow Carers office, Pinner Road at 9.30am and returning by 4.30pm.

A deposit of £5 is required to book your place on the coach, which will be retained in the event of a no-show.

Should there be sufficient space available we may be able to take the person you care for, family or friends which will be charged at a cost of £10 per person.

To book your place please email: wellbeing@harrowcarers.org



It's beginning
to look
a lot like 
Christmas

UPCOMING ACTIVITIES

Santa Dash - Monday 20th December



Santa Dash!

CALLING ALL SANTAS
MONDAY 20TH DECEMBER 11AM-2PM!

PULL ON YOUR SANTA HAT, JUMPERS & TRAINERS TO WALK, JOG, RUN, TACKLE THE SANTA OBSTACLE COURSE AT OUR BEAUTIFUL GROUNDS.
OLD LYONIANS, 74 PINNER VIEW HA1 4QF

To book your space please email rehna.tanna@harrowcarers.org or call 020 8868 5224. Exact entry payment to be made on the day.

Fundraising for support groups for carers and family members with dementia

**£5 Adult Entry £2 Children
£1 per person for non-participants**

Harrow Carers
Support, Training & Advice

London's Community Kitchen
Cook. Share. Inspire.



Carers Christmas Lunch - Thursday 16th December 12noon until 3 pm

Old Lionians Sports & Social Club 74 Pinner View, Harrow HA1 4QF

To book your place please email: wellbeing@harrowcarers.org



Family Movie Night - Friday 17th December

Join us for a night of popcorn, hot drinks & Scrooge!

6:30pm - 9.00pm

Old Lionians Sports &
Social Club 74 Pinner
View, Harrow HA1 4QF

£1 admission fee per person

for tickets : wellbeing@harrowcarers.org by Monday 13th December 2021

UPCOMING ACTIVITIES

***If you would like to join any of the activities please contact wellbeing@harrowcarers.org 020 8868 5224 x 214 for joining instructions.**

ZUMBA with Marina

Get grooving and moving with this versatile fitness class combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave. Class includes bhangra!

10.15am - 11.15am and last date in December is Wednesday 8th to resume 12th January 2022.

Sewing Classes

**Harrow Carers centre
24th November, 08th December and
12th January 2PM - 4PM**

Computer Sessions coming soon

Would you like to learn more about computers, laptops or smartphones? Do join us for our basic computer skills course.

If interested please contact wellbeing@harrowcarers.org

Pilates

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

Last date in December will be Wednesday 15th and to resume 12th January

11.30AM - 12.30PM

Yoga

A gentle and steady-paced class suitable for absolute beginners, the focus on simple movement to encourage more body awareness and physical mobility including breath and meditation.

**Last date in December will be Tuesday 14th and Friday 17th to resume 11th and 14th of January
10:30AM- 11:30AM**

Mental Health drop-in support group

Friday 10th December 1.30 to 2.30pm

on zoom and the link is:

<https://zoom.us/j/99301850653?pwd=anhEdnB6M0tHTDhOSTAySjBoSHdUJz09>

Meeting ID: 993 0185 0653

Password: 905117

The next session would be on Friday 7th January

Qigong

Classes are not currently running but will be restarting on Friday 7th January 2022

UPCOMING ACTIVITIES

Sleep Management Workshop:

It will include understanding what sleep is and ways you can manage sleep better.

Zoom Session–Thursday 9th

December from 2 to 4 pm

The link will be given upon registration.

Introduction to mindfulness

Learning the art of being more aware of the present and letting go of the past.
In-person session at Harrow Carers Centre

Wednesday 12th January 10.30 to 12.30pm

Mini Mindfulness with Michelle – Fridays at 12.30pm (on zoom)

Join Zoom Meeting

<https://us02web.zoom.us/j/81777946605?pwd=ZHMlVGpORk45TkJneFVDWmpSYUEzdz09>

Meeting ID: 817 7794 6605

Passcode: 790978

WORKING FOR CARERS SESSIONS

CV Writing

Thursday 9th December 2021

10:30AM - 11:30AM (ONLINE SESSION)

This session covers:

- Establishing the aim of the CV for a carer
 - Understanding your target market
 - Personal profile
 - Education & qualifications
 - Your chronological career history
 - What roles have you undertaken
- Listing your key duties & responsibilities
 - Technical capabilities
 - Your achievements
- Listing your key skills & competencies
 - Other relevant experience
 - References/testimonials

***If you would like to join any of the sessions please email**

workingforcarers@harrowcarers.org or call 020 8868 5224 Ext 218/208 for joining instructions.

Interview Techniques

FRIDAY 10th December 2021

11AM - 12PM (ONLINE SESSION)

This session covers:

- How to answer competency based questions
 - How to prepare for an interview
 - How to explain an employment gap
- How to highlight your key and transferable skills

Confidence building

Tuesday 7th December 2021

10:30AM - 11:30AM (ONLINE SESSION)

- Fake it until you make it (trying hard is what it needs)
- Positive attitude matters (start with understanding your needs).
 - Challenge your inner critic.
- Don't wait for external validation.

KNOW YOUR RIGHTS

CARERS RIGHTS DAY & HARROW CARERS ANNUAL GENERAL MEETING - **Thursday 25th November 2021**



At the Old Lyonians, 74 Pinner View, Harrow HA1 4QF



10.00 am Arrival and continental breakfast

10.30 am Introduction to the Future Carers Strategic - find out more about the council's plans to support carers, and how you can help shape the future services. Followed by a Q and A session.
Facilitated by Kim Chilvers, Strategic Commissioning Manager, for Older People and Carers

11.00am Your choice of workshop

Session 1 - Carer Assessments

Find out more about carer assessments and needs assessments for the person you care for. An introduction to 3 conversations for carers with an opportunity to engage together and share ideas and suggestions

Facilitators - Daksha Kara (Harrow Council Change Champion) and Allie Brice (Harrow Council Carer Lead)

Session 2 - Caring for younger people aged 0 - 25

An introduction to CYAD, LD and MASH teams

Your opportunity to learn more about the three teams and participate in a question and answer session

Facilitated by Members of staff from each Council team

12.30pm Meet and mingle

Grab a coffee and chat with expert staff from Harrow Council and Harrow Carers to find out more about our rights as a carer.

1.15pm Lunch for those who would like to stay for our AGM, starting at 2 pm

Please confirm your attendance at wellbeing@harrowcarers.org and whether you

Will be joining



M.

Negotiating Skills, Thursday 25th November 11am-12.30pm - Negotiation skills are essential for anyone who wishes to improve the quality of their lives, or those they care for.

This workshop will focus on using negotiating skills to get the job you want using a variety of techniques and approaches, and to get the working conditions that suit both you and an employer-a win win situation. These skills can be used in all settings where negotiation is key, whether it is talking to the NHS, social services or the DWP, or getting a better deal on services and items. Contact workingforcarers@harrowcarers.org to book your place

Looking After Yourself during Christmas Period

Christmas comes with high expectations of perfect, happy families enjoying luxurious celebrations and gifts, but not all of us are able to live up to these ideals. Some people experience feelings of isolation, financial pressures or increased family conflict that can make this a very stressful time of year. Especially after sudden strange years of change due to Covid-19 fears for our health, finances and futures may cast a shadow over the festive season. In this time, we have prepared some tips to help you look after yourself:

1. Accept that Christmas might feel different this year.

It can be easy to feel like we need to 'make up' for all the bad things that have happened this past year and pretend like everything is 'back to normal' for the sake of the holidays. While this sounds like a good idea, it is actually impossible to do. We are all very different people than we were last Christmas, that's why one of the healthiest things we can do for ourselves during this time is to simply acknowledge that Christmas will be different this year.

2. Avoid unhelpful social comparisons

Comparing ourselves with other people can have a big effect on how we feel. Sometimes this can be a good thing, motivating us to do better when we're inspired to achieve the same as those we admire. However, if we don't think we measure up to those we see online, it can have a negative impact on our self-esteem. Social media and consumer advertising can make this worse, Limiting exposure to social media and television adverts over the Christmas period can help to reduce this.

3. Everything in moderation

It can be tempting to over-indulge at Christmas, particularly as we navigate our way through spending time largely at home. However, there can be negative side-effects from too much excess, such as feeling guilty afterwards, feeling physically bloated and unwell, increased negative emotions from alcohol, which is a depressant, or interference with prescribed medication. Try to avoid overindulgence, whether you're home alone or in the company of others - don't be afraid to politely decline if you're a guest at someone's house.

4. Plan ahead

Avoid unnecessary stress over the festive season by planning as much as possible in the run up to Christmas and being careful not to take on too much. You're not being selfish by saying "no" to some things or asking for some help.

5. Christmas alone

If you're spending Christmas alone, have a think about what you want to do beforehand. You may decide to curl up with a favourite movie, write a poem, do some art work, bake a cake, select some of your favourite music to play, or arrange to go to a lunch.



6. Make time for you

At Christmas it can be all too easy to get swept up into other peoples' ideas of fun. It is important to make sure that you do something you want as well – this is your holiday too! If you know this will be hard, try booking something in advance or setting a free day or two aside just for you.

7. Volunteer

Giving something back can help you feel good about yourself and there's no more perfect time to volunteer than around Christmas. Head to websites like do-it.org or local community websites to check out current opportunities.

8. Reach out for help when you need it.

Reaching out for help is not easy. Nobody wants to feel vulnerable, and nobody likes to admit that they are struggling. However, asking for help when you need it is actually one of the bravest things that you can do for yourself.

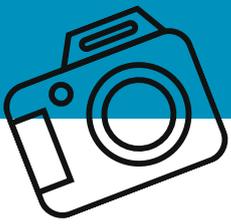
I have always loved the quote, "A problem shared is a problem halved" – and I think it is so important for us to always remember that we are not alone, and that there are people and organizations out there who are ready to help us when we need it.

9. Organisations & Support Available:

- Samaritans Helpline- 116 123 (freephone) www.samaritans.org Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm-11pm every day).
- Age UK (England)-0800 678 1602 www.ageuk.org.uk Information and support for older people.
- Beat- 0808 801 0677 (adult helpline) 0808 801 0711 (youthline) www.beateatingdisorders.org.uk Offers information and advice on eating disorders, and runs a supportive online community.
- The Compassionate Friends- 0345 123 2304 www.tcf.org.uk Provides support to bereaved families after the death of a child.
- Cruse Bereavement Care- 0808 808 1677 www.cruse.org.uk Information and support after a bereavement.
- The Silver Line- 0800 4 70 80 90 www.thesilverline.org.uk Provides support, information, friendship and advice for older people (over 55) who may feel lonely or isolated.
- Shout- 85258 (text SHOUT) www.giveusashout.org Confidential 24/7 text-service offering support if you are in crisis and need immediate help.
- Harrow Carers Counselling Service- 0208 868 5224 admin@harrowcarers.org Provides counselling to carers and non-carers from age 15 and above.


**HELP THIS
CHRISTMAS**

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



Dr Janice Howkins OBE is a qualified teacher and holds the national professional qualification in headship. Janice is a national leader of education and is currently serving as headteacher in a girls' comprehensive school in Harrow. She has lived in Harrow for over 30 years and is proud to be a member of our diverse community.

Janice has spent the majority of her career in five secondary schools specialising in special educational needs, although her initial teacher training was in primary education. Janice has contributed to national developments in inclusion and has carried out research on leadership.

Janice has been carer to four members of her family over the past twenty years. She also is very much involved with young carers at her school. Janice's passion for inclusion is for all age groups and extends beyond education. She believes that every person is entitled to the best care and support to enable them to have a good quality of life. Janice has volunteered as a trustee for Harrow Carers since 2017.

DR JANICE HOWKINS OBE & TRUSTEE AT HARROW CARERS



ALLIE BRICE- CARER LEAD

Festive greetings to you all. I have had the pleasure of being the Carer Lead in Harrow for the past 19 months.

This has been a period of challenge for so many but it has also been a period where I have been fortunate to have met up with some of the most incredible people in Harrow who continue to provide invaluable care and support to so many. On behalf of Harrow Council I thank you for all that you continue to do.

As a carer myself, I recognise all that carers have had to deal with, from lock downs to accessing vaccinations and feel hopeful that 2022 will see a more positive year.

Working alongside the team at Harrow Carers has been a privilege and I have been so encouraged by the support that they continue to provide, especially to those families who have been most challenged during Covid. The team continue to find the best opportunities to support unpaid carers and I am excited to see what's new for 2022.

*Allie
Carer Lead Peoples Services Directorate - Adult Social Care*

*May I wish you, your families and the people you support a very Merry Christmas and a Wonderful New Year
As always I am available if needed
carers@harrow.gov.uk
Stay safe & well.*

OUT AND ABOUT

CHRISTMAS IN HARROW

Wednesday Wander - Christmas Walk
Join Margaret Huitson from the Friends
of Headstone Manor Park for our
Christmas walk around the park.
Wednesday 15th December 2021
to book your space [click here](#)
Free event



Christmas tree lights will be switched on by
the Mayor of Harrow at **5pm on 27th
November 2021.**

- Santa's Grotto will be by Katies Statue on St Anns Road. Bring your kids to meet Santa and receive a free wrapped gift for every child.
- Stage of entertainment on St Anns Road from 11am to 5pm with local acts such as Kidology, Indie Choir, Rock Choir, Dhol Drummers, and more...

Full details can be found on
www.harrowtowncentre.co.uk

A Christmas Market will be in Harrow
from **Thursday 2nd until Sunday 5th
December.**

A truly international experience where
you will find traders representing their
country or region. From unique arts,
crafts and gifts to amazing mouth-
watering street food, there will be
something for everyone.

Opening times
10:00 to 19:00






BOOST YOUR IMMUNITY THIS WINTER

WITH YOUR FLU VACCINE + COVID-19 BOOSTER

Flu and COVID-19 can be life-threatening, so protect yourself, your family and patients.
Don't delay, get your free vaccines now.

FREE FLU VACCINE

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

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

EASY READ GUIDE TO THE FLU VACCINATION

This is the Easy Read guide to the booster vaccinations being offered to people aged 50 years and over, health and social care workers and younger people at risk who are being offered a booster dose of coronavirus (COVID-19) vaccine. It is suitable for People who are at more risk because they have certain health conditions. This includes people who are 16 years old or older and are on the Learning Disability Register.

EASY READ GUIDE TO THE COVID-19 BOOSTER VACCINATION

NOTICE BOARD

Community Cookery School
Free Courses
for more information
contact: 07366088811
02088631021
courses@londoncommunitykitchen

Offer
Carers get 15% off
at the community
kitchen cafe from
January

CHRISTMAS WITH A DIFFERENCE !!

Over the past 20 months, London's Community Kitchen has been supporting some of Harrow's most vulnerable people who experience food insecurity on a daily basis.

This support continues to be in place because of the dedication of amazing volunteers who give their time and energy to help others.

This December, London's Community Kitchen opens its doors to Harrow's first Ethical & Sustainable Cafe, where we will be serving Christmas Lunch & Dinner with our amazing festive menu.

The bookings are now open, so please make a reservation and support the valuable work we do, kindly book early to avoid disappointment.

Have a wonderful Christmas celebration with your friends & loved ones while supporting those facing food insecurity.

Menu options are available, with alcoholic and non-alcoholic beverages.

All proceeds from the bookings will go towards the projects that continue to run from LCK

For more information or to book your place/s contact office@londoncommunitykitchen.com
Reservations@londoncommunitykitchen.com

Amuse Bouche
A Selection of Luxury Canapes

ENTREE

DYNAMITE SHRIMP
Crispy, fried shrimp coated in a spicy mayonnaise dressing

HALLOUMI FINGERS (V)
Deep fried golden crispy halloumi served with chilli jam

SWEET POTATO & CARROT SOUP (VG)
Vegetable crisps, coriander oil

LAMB PATTIES WITH COUS COUS
Harissa spice & tzatziki

A selection of breads with herb butter, olive oil and vinegar

MAINS

TRADITIONAL ROAST TURKEY
Succulent slow roast turkey crown served with all the festive trimmings

FILLET STEAK
Prime tender fillet pan fried and served, with roast garlic and herb butter

SALMON COULIBIAC
Majestic salmon fillets, layered with rice, mushroom and a herb mixture, encased in golden puff pastry and served with a creamy dill sauce.

VEGETABLE DUM BIRYANI (V)
Spiced seasonal vegetables steam cooked with aromatic basmati rice

FESTIVE TRIMMINGS
Goose Fat Roast Potatoes, Roast Potatoes (VG), Chestnut Stuffing (N), Glazed Carrots, Parsnips, Sprouts, Pigs in Blanket, Cranberry Sauce, Rich Onion Gravy

DESSERT

TRADITIONAL CHRISTMAS PUDDING
Served with brandy butter or Bailey's custard

BÛCHE DE NOËL (CHRISTMAS YULE LOG)
Moist chocolate roll filled with a luxury vanilla cream, served with fresh berries

LUXURY CHEESEBOARD WITH EXOTIC FRUIT
served with a variety of crackers and chutney

SELECTION OF ICE CREAMS
Haagen Daz Selection
Little Moons Coconut Mochi

Tea or Coffee and All Butter Mince pie

HOME CARE

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

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

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

LOOKING FOR NEW JOB?

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

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

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

If that sounds good to you, please send you CV to bhumi.agarvat@harrowcarers.org

NOVUS HOMESHARE

Christmas isn't the only day that people may be feeling a little isolated. At the heart of what we do at Novus is making strong connections and bonds between young and elder, ensuring that no one goes lonely, establishing real friendships and companionship all year round. So here's to everyone looking out for those that might be struggling a little and making them feel loved and connected. Merry Christmas and Happy New Year.

If you or someone you know would like to find out more about homesharing, please get in touch on 0330 0882225 or email us at enquiries@novus-homeshare.org.uk

Novus Homeshare is a charity that matches people who want help or support around the house with people who need accommodation and are willing to help. Our service helps people from all walks of life in need of an extra helping hand at home in London (and surrounding areas), for a reasonable fee.



Are you enjoying the newsletter?
Leave us a review.



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 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:

Confidence Building: Tuesday 7th December 2021 at 10.30am-11.30am

CV Writing Skills: Thursday 9th December 2021 at 10.30am-11.30am

Interview Techniques: Friday 10th December 2021 at 11am-12pm

After caring for many years, Working for Carers helped Malcolm rediscover his enthusiasm, confidence and passion for the creative industry. With no extended family living in the UK, Malcolm had no choice but to give up his job to care full time. Over the next few years, Malcolm and his partner were both able to go back to work part time, but periods of relative stability would always be followed by difficult personal times that had a serious and harmful effect on his partner's mental health and were very traumatic and stressful for Malcolm. For years Malcolm didn't even see himself as an unpaid carer. But in 2013 he started engaging with carer support groups. He attended training on caring for people with mental health difficulties and learned the importance of making time for himself to do the things he loved. He began to swim, cycle and meditate again.

How did Working for Carers help?

In 2018, Malcolm joined the Working for Carers project at Harrow Carers. They helped him figure out what direction he wanted his career to take and to rediscover his enthusiasm, confidence and passion for the creative industry.

One-to-one sessions helped Malcolm revamp his CV to show off his vast experience and skills. Being away from the creative industry for so long meant he had lost all his confidence. Working for Carers helped restore that. It also paid for Malcolm to attend a two-day workshop led by a top creative agent.



SERVICE UPDATES

What was the result?

Malcolm now understands the importance of looking after himself and how that can help him manage his caring situation. Through attending a business workshop organised by Working for Carers Malcolm decided to refocus his career path and reboot his own business. He has also become a mentor for others in the creative industries and is a founder of the new Film & TV Carers Club, set up by unpaid carers for carers working in film and TV.

Malcolm said: "I never expected to become a carer, but there are lots of other people out there like me. In my industry if you're not available 24/7 your commitment is questioned, there's a stigma to being a carer but we have all the attributes needed to succeed like empathy, time management, resourcefulness and problem-solving skills, which are needed by employers.

"Working for Carers reminded me how much I already knew. My confidence had gone but this gave me the boost I needed. I'm starting to dream again. I thought my drive had been extinguished, but the embers were still there. They just needed to be reignited and that's what Working for Carers have helped me to do."

[Click here to find out more about the Working for Carers programme](#)

To contact Working for Carers call 020 8868 5224 Ext 208/218 or email workingforcarers@harrowcarers.org

We wish you and your family a Merry Christmas and A happy New Year!

THANK YOU FOR YOUR TREMENDOUS SUPPORT

**HARROW SCHOOL
SHAFTESBURY
ENTERPRISE**

**YOUNG HARROW
FOUNDATION**

NATIONWIDE

**HARROW
GIVING**

**MIDDLESEX
FREEMASONS**

ROLAND CALLINGHAM

**SIR ROBERT MCALPINE
FOUNDATION**

**HARROWS FANTASTIC
UNPAID CARERS**

**LONDON COMMUNITY
KITCHEN**

**ALLISON BRICE CARER
LEAD HARROW
COUNCIL**

**JOHN LYONS SCHOOL
STUDENT VOLUNTEERS**



John Lyons 6th form students Abbas and Vinesh kindly volunteer for Harrow Carers to assist with the creation of a holistic garden space for carers at our new grounds. Both students are actively fundraising and assisting with plans and the groundwork. We would like to thank both students for their tremendous efforts so far. Watch out for more news in January.

USEFUL LINKS & CONTACTS

OFFICE IS CLOSED ON THE FOLLOWING DAYS:

CHRISTMAS EVE: FRIDAY 24 DECEMBER OFFICE CLOSURES AFTER 12:00PM

CHRISTMAS DAY: SATURDAY 25 DECEMBER

BOXING DAY: SUNDAY 26 DECEMBER

BANK HOLIDAY: MONDAY 27 DECEMBER

BANK HOLIDAY: TUESDAY 28 DECEMBER

NEW YEAR'S DAY: SATURDAY 1 JANUARY 2022

SUNDAY 2 JANUARY 2022

BANK HOLIDAY: MONDAY 3 JANUARY 2022

TELEPHONE SERVICE ONLY ON THE FOLLOWING DAYS:

- **WEDNESDAY 29 DECEMBER**
- **THURSDAY 30 DECEMBER**
- **FRIDAY 31 DECEMBER**



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.

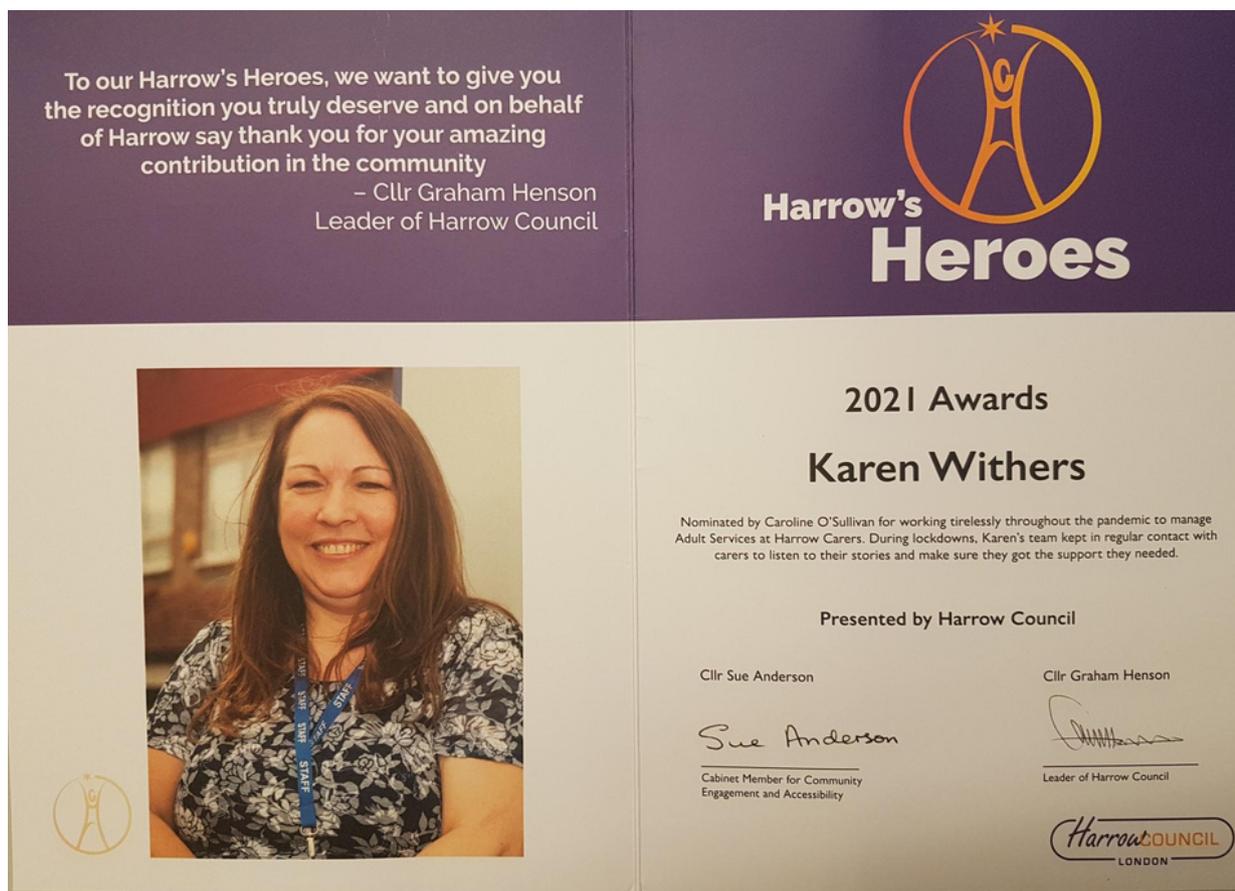
Emergency Contacts:

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

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

Harrow Samaritans: 116 123 free from any phone or 0330 094 5717 local call charges apply

Karen Withers our very own Harrow Hero! Karen and her team provided dedicated ongoing support throughout the pandemic to carers in Harrow. We say a huge thank you and well done to Karen and the teams continuous tremendous efforts.



WISHING YOU MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR!

The next edition will be out in January 2022