



THIS MONTH'S THEME IS...

*New Year  
\* New Me!*



HIGHLIGHTS OF THE ISSUE

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**UPCOMING ACTIVITIES**

| pg. 2 |

**WELLBEING**

| pg. 4 |

**NOTICE BOARD**

| pg. 6 |

**SERVICE UPDATES**

| pg. 8 |

## CEO'S MESSAGE

Dear Carers

Welcome to 2022. At Harrow Carers we have started gathering information from our annual survey to work out the things that would make the most difference to you in the coming year. We have had a fantastic number of responses: thank you so much to all those who contributed. One of the questions, which asked about how Covid has affected you, drew stark and sad responses. It is our mission to support you in your caring role, we have lots of ideas and plans for 2022 and will be inviting those of you who kindly volunteered to help develop ideas to a series of events. Apart from shaping and developing further the charity's services to carers (so you get the help & support you need), it's a great way to meet your peers and benefit from informal support from each other. Our survey showed 40% of carers suffered from loneliness. Let's get together to turn this around by developing new and inclusive activities.

While we look at our mid and longer-term ideas, we can all do something to change and lift our spirits. We can help ourselves by reinventing what we do, trying new ideas & hobbies and making new friends. Simple lifestyle changes can do much to improve our mood. In terms of activities, training, service and support - we continue with a programme of activities & support. From the 24th of January 2022, we will be resuming some of our classes at Old Lyonians and also we are welcoming back visitors to the main office. We very much look forward to seeing you in person.

I hope that the new year will bring you all health and happiness.

With warm wishes to you all

Charmian



# UPCOMING ACTIVITIES

## 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!

**Every Wednesday at Old Lyonians Sports Ground. Resumes from Wednesday 26th January 10.30AM – 11.30AM**

## Basic IT Skills Drop-in Clinic

Please contact us if you would like training to get started online. Learn how to set up an email account, online shopping and much more.

**Sewing class will resume on  
Wednesday 26th January  
2PM – 4PM at Harrow Carers  
Centre**



**We are very excited to be introducing a new course on FILM MAKING working again with CREATE and a professional filmmaker. Details on page 6.**

## Pilates

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

**Every Wednesday at Old Lyonians Sports Ground. Resumes from Wednesday 26th 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.

**Every Tuesday at Old Lyonians Sports. Resumes from Tuesday 25th January 10:30AM- 11:30AM**

**Anger Management Course  
Friday 25th February- on Zoom at  
2PM to 4PM**

## Introduction to Mindfulness Course

**Wednesday 16th February- Zoom at  
10.30AM to 12.30PM**

**Zoom link will be provided upon registration.**

**\*If you would like to join any of the activities please contact [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) 020 8868 5224 x 214 for joining instructions.**

# UPCOMING ACTIVITIES

## Mental Health Support Group

Do you care for someone with a mental health condition? If, so join us every **2nd & 4th Friday of the month** - it is a drop-in group so no registration/booking is required.

Zoom details are:

<https://zoom.us/j/99301850653?pwd=anhEdnB6M0+HTDhOSTAySjBoSHdUZz09>

Meeting ID: 993 0185 0653 / Password: 905117

## WORKING FOR CARERS SESSIONS

### CV Writing

**Thursday 27th Jan 2022**

**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

### Interview Techniques

**Friday 28th Jan 2022**

**12PM-1PM (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

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



## Our Operations Director Colin shares his top 10 tips for exercise, relaxation and positive mental health

Covid has had a major impact on my fitness and health. I've started the new year with a goal to be able to get back in to my suits, waistcoats, trousers, eat healthier and be kind to myself and others.

**1- Stay in touch with family and friends with video calls, texts or just making regular phone calls for a chat is a good idea!**

**2- Wrap-up and go for short 20 minute walks**

**3- Spoil yourself with a hot bath, candles, bubbles and soft music**

**4- Sit comfortably, close your eyes, and breath easy for 10 minutes a day**

**5- Have a fun, popcorn comedy movie night with family or friends**

**6- Read a book of interest (I'm reading Obamas autobiography)**

**7- Take up a new hobby, Yoga, Pilates, Qigong, Art, Swimming (I've started cycling)**

**8- Start your day with a positive quote ("self care is how you take your power back")**

**9- It's ok to ask for help and advice if your feeling low (talking and sharing with someone trusted is good to do. If you need to talk in a confidential space, check out our professional in-house counselling service)**

**10- Join events with Harrow Carers (I'm really looking forward to see you all at our future events, we are going to have some fantastic times in 2022)**



Based on several experimental studies, the presence of potted plants has been found to be helpful in many different settings including work, school, and hospitals. In particular, plants have been shown to:

- Lower blood pressure (systolic)
- Improve reaction times
- Increase attentiveness
- Improve attendance (at work and school)
- Raise productivity (at work)
- Improve well-being
- Improve perceptions of the space
- Lower levels of anxiety during recovery from surgery
- Raise job satisfaction

- Article by Jonathan S. Kaplan Ph.D.  
(<https://www.psychologytoday.com/>)



"Watering and nurturing plants can serve as a mindful, calming exercise for many people, and taking care of another living organism can bring about a real sense of purpose within ourselves, allowing us to make a difference and feel better about our contributions to the world around us."

- Drew A. Pate, MD (VeryWellMind)



# WELLBEING

Not only do plants make for a great decoration, they also help improve your productivity. Plants lower stress and help with fatigue and because of plants calming nature, you can focus on the task at hand. Whether it's at your home office or at work, plants add colour and some personality to your space, giving you a mental boost.

- (The Many Benefits of Indoor Houseplants , gms.ca)



"Research has shown that actively interacting with plants can reduce physical and emotional stress, through effects mediated by the cardiovascular system, particularly by reducing sympathetic tone and by lowering blood pressure while promoting relaxing and soothing feelings."

- Dr. Parmar (VeryWellMind)



## BASIC COOKERY COURSE FOR SUPPORTED LEARNERS

**Start Date: Monday 21st February 2022 - Monday 21st March 22**

**Time: 9am - 3pm (weekly)**

**Length: 5 weeks**

### Course description:

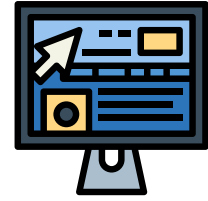
Learners needing support will be taught easy to prepare healthy meals to encourage them to take responsibility for their own eating choices in a friendly environment at a pace that suits their needs. This will promote stronger mental health, encourage focus, channeling energy and boost creativity.

**To secure a place, please [click here](#) and complete the form and return it to [vivette@londonscommunitykitchen.com](mailto:vivette@londonscommunitykitchen.com) for registration.**





# NOTICE BOARD



## BICS Webinar - COVID19 vaccines for 12 to 15 year olds

Dear Young People, Parents, Guardians and Carers,

Do you have questions about the COVID19 immunisation program for 12 to 15 year olds? NHS North West London is hosting on-line discussions for young people, parents, guardians, carers, teachers and school nurses to provide information, and answer any questions you might have about the vaccine and immunisation program, including questions related to clinically extremely vulnerable children. The panel will include consultant paediatricians Dr Liz Whittaker and Dr Hermione Lyall, a GP, as well as a parent.

Please register for the date/time you prefer using the link below. Both events are the same.

**Thursday 20th January from 11 to 12pm - <https://www.eventbrite.co.uk/e/covid-19-vaccine-program-for-12-to-15-years-tickets-242875205277>**

**Wednesday 26th January from 7pm to 8pm - <https://www.eventbrite.co.uk/e/covid-19-vaccine-program-for-12-to-15-years-tickets-243513414177>**

If the Eventbrite registration opens in Internet Explorer you will have to cut and paste it into another server.

Following your registration, you should immediately receive confirmation. You will receive the TeamsLive link for the webinar 24 hours before the webinar starts. Meanwhile, information about the vaccination program for 12 to 15-year-olds can be found [here](#).

COMING

SOON

## LIGHTS, CAMERA, ACTION!

We are very excited to be introducing a new course of FILM MAKING working with CREATE!

Commencing 10th March with a 2 week break for Easter the course will run for 8 weeks to 12th May 2022.

*Please register your interest to [Wellbeing@harrowcarers.org](mailto:Wellbeing@harrowcarers.org) or contact Jane 0208 8868 5224*



**CREATE**  
AHS.ORG.UK





# NOTICE BOARD

## Become a Carer Champion Volunteer with Harrow Council

One in seven people combine work with caring for a loved one. Many of them don't know where to turn to for help. As a Carer Champion, you are the link between Harrow Council, Voluntary Organisations, unpaid carers and your colleagues. You'll spread the word about caring and raise awareness of unpaid carers in your workplace and across the community. We hope you'll be able to signpost those looking for support to the services and expert advice on offer across Harrow.

### What's involved?

- Being a link between Carer Lead, voluntary organisations, your colleagues and carers in your local communities
- Participating in conversations to further enhance the services and support available for unpaid carers
- Sharing information relevant to both unpaid carers and the people who provide their support
- Displaying posters and publicising unpaid carer support and events on your web pages / social media
- Publicising high profile national awareness campaigns such as Carers Week and Carers Rights Day
- Coming up with ideas for events and activities across the community where unpaid carers will be recognised and celebrated in all they do

Whatever you are able to commit to raising awareness of unpaid carers and making a difference

### How to apply

To find out more or express an interest in becoming a Carer Champion simply send an email to [carers@harrow.gov.uk](mailto:carers@harrow.gov.uk)

### What will you get out of it?

It's a great opportunity to meet new colleagues, develop your organisational skills, get creative and make a real difference to unpaid carers' lives.

### The skills you need

- A passion for supporting unpaid carers
- A knack for motivating people and getting them involved
- An understanding of the role of the unpaid carer
- Knowing what's happening across the community for unpaid carers
- The ability to think creatively
- An interest in making life better for unpaid carers

### How will we support you

- By keeping you up to date with what is happening across the Harrow community
- By listening to your ideas and suggestions
- By introducing you to organisations who provide unpaid carer support to enhance your network
- By providing the publicity / comms to share with unpaid carers and relevant people
- Your time

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## Update from Allie Brice, Carer Lead at Harrow Council.

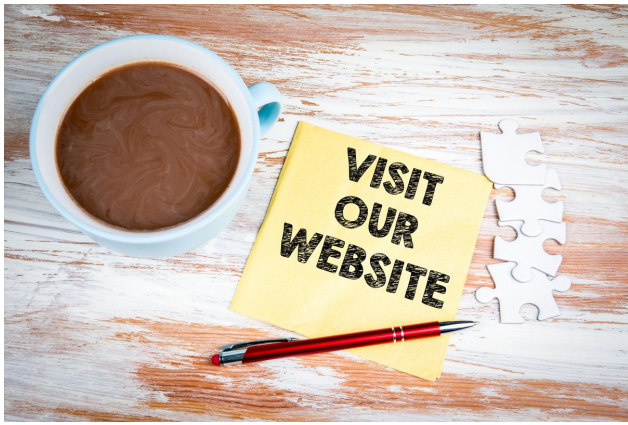
Caring Communities event has been postponed till further notice and a time when we are able to safely meet in person once again. Have you visited Harrow Council's new carer web pages? Carer Support - Harrow Council You are now able to send an email request for a call back from a member of the social care team, apply for your carer card, contact Harrow Council's Carer Lead directly, apply for Careline, become a Carer Champion and also apply for a free home fire safety visit from London Fire Brigade.

Would you like to receive updates from Harrow Council's Carer Lead? send an email to Allie Brice introducing yourself and you will be added to contacts. This will also put you in direct contact with Allie who is available to offer information and advice to support you in your caring role [carers@harrow.gov.uk](mailto:carers@harrow.gov.uk)

*Does your GP know you provide support to a vulnerable adult / child? Let them know so they are aware of your caring role.*

Contingency planning! What is your contingency in the event of you being unable to provide support at short notice? Current project looking at contingency planning for carers. Once we are able to meet face to face again Harrow Council and Harrow Carers will be hosting some contingency planning sessions. More details to come.

# SERVICE UPDATES



Take a look at our brand new website dedicated to our Home Care Services  
<https://harrowcarers-homecare.org>  
We hope you like it and welcome your feedback!

## HOMECARE

Do you know someone who is considering a career in adult social care? Or someone who is a motivated and caring person with a desire to help others?

Harrow Carers Home Care service provides individuals and unpaid carers with help and support with tasks according to individual needs. Contact us today for more information and to book in your free, no obligation consultation to discuss your needs and how we can help.

## NOVUS HOMESHARE

Homesharing has really supported the wellbeing of our Householders to combat loneliness and isolation especially during Covid, Our homesharers continue to support our Householders and could support you too with up to 10 hours of practical support a week and companionship.

Give us a call to see how you can benefit too.

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>

**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?  
Click here to leave  
us a review.



## 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.

# 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:

<b><u>Job Search &amp; Confidence:</u></b>	<b><u>Thurs 20th Jan 2022 from 12pm-1pm</u></b>
<b><u>IT Basic Skills:</u></b>	<b><u>Tues 25th Jan 2022 from 10.30am-11.30am</u></b>
<b><u>CV Writing Skills:</u></b>	<b><u>Thurs 27th Jan 2022 from 10.30am-11.30am</u></b>
<b><u>Interview Techniques:</u></b>	<b><u>Fri 27th Jan 2022 from 12pm-1pm</u></b>

[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](mailto:workingforcarers@harrowcarers.org)

### Start the New Year with a Job Plan

Searching and applying can be a full-time job in itself. This is why proper time-management and organizational skills are a necessity. By determining your goals for this job search and establishing how to achieve them, the overall process can become better organized, less intimidating and produce rewarding results.

Developing a strategic plan takes time, dedication and commitment. Once you've developed this strategy, searching, applying and interviewing for a new job may provide you with a feeling of fulfilment. Here are a few ways to develop a strategic plan for your job search:

1. Determine and list your career goals.
2. List your experience, skills and strengths.
3. Brainstorm ideal companies you'd like to work for.
4. Build a to-do list for all job search items.
5. Research your ideal company and job title.
6. Build a job application strategy and follow through.
7. Create your personal brand.
8. Participate in networking opportunities.
9. Organize the list of companies you've applied to



**To contact Working for Carers call 020 8868 5224 Ext 208/218 or email [workingforcarers@harrowcarers.org](mailto:workingforcarers@harrowcarers.org)**

For help with your Job Plan – contact:  
[workingforcarers@harrowcarers.org](mailto:workingforcarers@harrowcarers.org)

# ENTERING 2022 WITH LOVE & POSITIVITY

HERE ARE SOME MOTIVATIONAL QUOTES TO START YOUR DAY



## 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 [info@harrowcarers.org](mailto:info@harrowcarers.org) for next steps.

## FREE PRESCRIPTION DELIVERY SERVICE

Local pharmacy NEW HEALTH SUPPLIES LTD has offered to provide a free prescription delivery service for unpaid carers in Harrow. Initially, they will be offering this to all Carers and those they care for in the postcodes of HA1. If you want to take advantage of this service you will need to complete a consent form. For those living in HA1 we will send out a separate email explaining how to access this service should you wish to.



## 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.

SEE YOU NEXT MONTH!