



## CEO'S MESSAGE

Dear Carers,

Hello and the sunniest welcome to our June / July edition of the Harrow Carers newsletter. I hope this finds you happy, healthy, and positive as we head into beautiful Summer. We have plenty of activities coming up over the next couple of months, including a very important week for us, Carers Week 2023, which is all about you and connecting communities. We will be out and about talking to members of the community throughout the week, about the services we offer and how we can support unpaid carers. We will be ending the week with our big Family Fun Day celebration on Friday 9th June - don't forget to tell your friends and family, all welcome. Please refer to page 6 for further information.

We are always here for you, so please do get in touch with us.

Thank you for reading our newsletter.

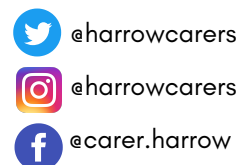
Charmian Boyd  
C.E.O



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**Information on other services we provide; Young Carers update, Home Care and Homeshare**



**CARERS WEEK**



**FAMILY FUN DAY**

**Friday 9th June 2023 2-6pm Old Lyonians Ground, 74 Pinner View**



# 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**  
**10.15AM - 11.15AM**

## Elevate

A self-supporting group open to all Unpaid Carers.

**Every Tuesday**  
**11am -12:30pm. Alternating weeks**  
**between Zoom and**  
**face-to-face. Next meeting is on**  
**Tuesday 30th May 2023**  
**at Harrow Carers Office**

## Friendship Cafe

**Old Lyonians Sports Ground**  
**every 1st Wednesday of the month**  
**1.30PM - 3.30PM**

## Sewing Classes\*

**at Harrow Carers Office**

**Our sewing classes are held on the**  
**2nd and 4th Wednesday**  
**of every month**  
**1.30PM - 3.30PM**

\*Please bring along some cotton material, a needle & thread, scissors, pencil and paper

## Pilates

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

**Every Wednesday at Old Lyonians Sports Ground**  
**11.30 AM - 12.15PM**

## 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 Monday at Old Lyonians Sports Ground.**  
**10:30AM- 1:30PM**

## Qigong

Qigong coordinates flowing movement and breathing to develop the mind and body holistically, with a guided visualisation to promote health and enhance internal energy levels. Please wear comfortable clothing, bring along a water bottle and aim to arrive 5 minutes early to get ready for the session.

**Every Friday at Old Lyonians Sports Ground**  
**1:45PM- 3PM**



**\*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.**

# SUPPORT GROUPS

## Archery

Old Lyonians Ground  
every 2nd Thursday  
2.30PM - 4.30PM



## Community Hub

Old Lyonians Sports  
Ground  
every Thursday of the month  
11AM - 3PM

## Venue Addresses

Old Lyonians Sports Ground,  
74 Pinner View HA1 4QF

Harrow Carers Office  
376-378 Pinner Road  
HA2 6DZ

## Mental Health Support Group

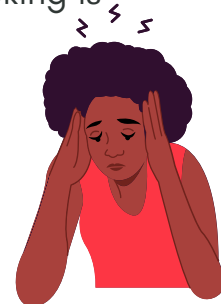
Do you care for someone with a mental health condition? If so, join us from 1.30pm to 2.30pm every **2nd Friday** online using the following link:

<https://zoom.us/j/99301850653?pwd=anhEdnB6M0tHTDhOSTAySjBoSHdUZz09>

Meeting ID: 993 0185 0653 / Password: 905117

Or, join us in person at Harrow Carers office in North Harrow from 1.30PM-2.30PM every 4th Friday of the month - it is a drop-in group so no registration/booking is required.

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



## YACs Workshop on eating disorders and self harm

We will be hosting a workshop for Young Adult Carers on Wednesday 21st June at 6pm, to raise awareness on eating disorders and self-harm. We hope to inform and educate our YACs on these significant topics and discuss them in a safe and non-judgmental environment. The workshop will be carried out by our Psychological Wellbeing Practitioner, Disha Patel. For more information, please contact [disha.patel@harrowcarers.org](mailto:disha.patel@harrowcarers.org)

## ELEVATE SELF-SUPPORT GROUP



Elevate Carers meet every Tuesday 11am-12.30pm. We alternate weekly from Zoom and (after a break due to restrictions) now back in person, in the Harrow Carers meeting room. This is a forum where unpaid Carers offload and support each other with our issues. We are primarily self-sufficient with Harrow Carers staff setting up the zoom platform or meeting room.

All unpaid carers are welcome

# UPCOMING ACTIVITIES

## CREATE ARTS.ORG.UK

YOU DECIDE!

We are in the process of booking our September–October CREATE workshops and we need your opinion on which one to book.

If you are interested in attending any of the following please email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) and we will endeavour to book the most popular course.

The choices are:

- ★ Painting and Drawing
- ★ Dance
- ★ Animation
- ★ Sculpture
- ★ Drama



### Stop & Grow

Harrow Carers have a new opportunity to be part of a Gardening Project on The Ridgeway in West Harrow/Rayners Lane.

The Stop and Grow Project is run by Harrow Council. It aims to help improve mental health and wellbeing, encourage physical activity, and reduce social isolation through gardening and horticulture as part of a supervised group. If you would like to be referred over to the project please email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) or telephone 020 8868 5224.



Krishna (left) the first carer we have referred to the Stop & Grow Project and Melinda Wright who runs the Stop & Grow project.

### The Creative Writing Workshop Starts in JUNE!

Connect, find and develop your writing skills

We have the excellent CREATE returning in June with 6 weekly Creative Writing & Poetry workshops.

The workshops take place on Thursdays from 10.30am – 1:30pm at 74 Pinner View, HA1 4QF

We welcome carers of any writing ability or none – it is open to all who apply.

Sessions are on Thursday 15th, 22nd and 29th of June,  
Then on Thursday 6th, 13th and 20th of July.

Please email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) asap to book your place on the 6 week course.

***"Meeting other carers helped me feel more confident and supported and prepared on what to expect in the future", Carer quote***

# UPCOMING ACTIVITIES

**COMING SOON**

## FIND YOUR VOICE - SING FOR LIFE



We are currently working to secure 10 weekly choir sessions hosted by a professional choirmaster.

Delivering sessions on posture, heart health and breathing. Enabling health and wellbeing benefits of singing as a group. We welcome all adult carers to join us to find your voice!

Currently, we expect the 2-hour-long workshops to take place on Fridays, sometime between 10 and 1pm - TBC.

Please email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to express an interest - we can facilitate up to 30 carers so please come forward and get involved.

**FIND YOUR VOICE**



## STRENGTHEN AND BALANCE WORKSHOPS

By popular demand we have secured another 6 sessions lead by a professional Occupational Therapist with 40 years' experience!

The Strengthen & Balance workshops build up your core strength and help to prevent future falls.

We recommend you come to all 6 if you can.

Monday 19th June 12 – 1pm  
Monday 26th June 12 – 1pm

Monday 10th July 12 – 1pm  
Monday 24th July 12 – 1pm

Monday 7th August 12 – 1pm  
Monday 14th August 12 – 1pm

Please let us know if you would like to attend by emailing [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org)

## Upcoming at the Community Hub

On the 22nd of June we have a representative from Harrow Electoral services visiting our Community Hub at 12.30 to speak about the upcoming changes taking place when registering to vote .



## JOIN OUR WHATSAPP BROADCAST



Join our WhatsApp for carers which will be used to provide updates on events and reminders.

Please text '*join whatsapp group*' to

**07736 923 442**

with your full name and carer card number. You will then be sent an invitation link to join.

## Visit the Financial Assessors from Harrow Council

We are happy to announce that we will have Financial Assessors from Harrow Council returning, which you are welcome to book in to see on any of the following times and dates:

29/06/2023	10am – 14:00pm
27/07/2023	10am – 14:00pm
31/08/2023	10am – 14:00pm
28/09/2023	10am – 14:00pm
26/10/2023	10am – 14:00pm

Please let us know when you would like to attend, with a brief outline of the type of support you need, by emailing: [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org)

# SPECIAL EVENTS

## Carers Week 5-11 June 2023



Carers Week 2023 is right around the corner. This year's campaign will run from 5-11 June with the theme of **Recognising and supporting carers in the community**. It's all about communities coming together to recognise the huge contribution unpaid carers make to society.



This year we have some very exciting events planned, so please save the dates!

**Monday 5th June** – Harrow Carers Centre and North Harrow High street

**Tuesday 6th June** – Pinn Medical and Elliott Hall Medical Centre (please call us for exact timings)

**Wednesday 7th June** – We will be at Northwick Park Hospital from 10am-3pm

**Thursday 8th June** – We will be at the Conversation Cafe in Harrow Town Centre

**Friday 9th June** – Family Fun Day 2pm-6pm at Old Lionians Sports Ground. Let's celebrate carers in the community with a fabulous fun-filled day of family fun.

### Friday 9th June – Family Fun Day 2-6pm

Let's celebrate carers in the community with a fabulous fun-filled day of family fun. We will have food, children's entertainment and much more...



Could your business sponsor or contribute towards our event? We are also looking for raffle prizes. If anyone would be kind enough to donate a prize, no matter how big or small, please get in touch – this will help us with raising funds.

For more information, please email [rehna.tanna@harrowcarers.org](mailto:rehna.tanna@harrowcarers.org) or call 0208 868 5224

### Conversation Café lead by Allie Brice Carer Lead, Harrow Council

Bringing unpaid Carers and the people they care for together to have direct face-to-face support from adult social care. Held at different locations in Harrow, Allie and her team will be supporting us throughout Carers week taking the Conversation café to all events and sharing Social Care info and advice during the week. please email [carers@harrow.gov.uk](mailto:carers@harrow.gov.uk) to receive updates from Allie.



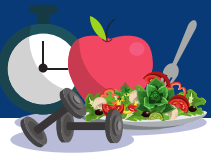
### Support unpaid carers while boosting your skills and meeting new people

We are looking for volunteers to help us make a difference to the lives of unpaid carers in Harrow over Carers Week. Fantastic opportunity to develop and enjoy new experiences. You'll connect with your community, meet new people, learn new skills and share what you know.



**We are holding an information session for carers to highlight our volunteering opportunities at Harrow Carers on Thursday 1st June 2-4pm at Old Lionians.**

Contact [rehna.tanna@harrowcarers.org](mailto:rehna.tanna@harrowcarers.org) for more information



# YOUR HEALTH

We currently have a few places available on our next 5-week Dementia programme commencing on the 11th of July 2023 .

Please contact [Roshanthi.Pereira@harrowcarers.org](mailto:Roshanthi.Pereira@harrowcarers.org), if you are interested in joining this programme or would like to know more about the Dementia Carers Support Project

**Important Update - No Friendship café in June due to Carers week.**

## Dementia Awareness Event.

Harrow Carers worked in partnership with Harrow Council, Bentley House, and Millman's Day centre.

The focus of the day was to raise awareness on Early diagnosis and inform our carers about what support is available for carers who are supporting someone with Dementia. Our carers supported us and spoke to carers about what support is available. A big thank you to all our carers who attended on the day. It was a great success. We spoke to 30 carers throughout the day and one of our carers spoke to 5 carers who spoke Gujarati.

If you are caring for someone with memory issues it is important to get an early diagnosis so, can you receive the right level of support.

We will have representatives from Bentley House and Millman's Day centre coming along to our final event at Old Lyonians on Friday 9th June 2023. Why not pop along and have a chat with them?



**Friendship Cafe**  
For Carers & Cared for

→ Afternoon Drop-in's every 1st Wednesday of the month for Carers and Cared for.

→ At Old Lyonians Sports Ground, 74 Pinner View HA1 4QF from 1.30 pm -3pm.

**MORE INFORMATION**  
Roshanthi Pereira  
Dementia Team Leader  
Tel: 020 8868 5224  
Email: [roshanthi.pereira@harrowcarers.org](mailto:roshanthi.pereira@harrowcarers.org)

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



**Walk for Dementia**

Supporting Dementia Action Week 2023

This spring, step to get fit, step to raise funds for people affected by dementia. The Walk for Dementia challenge is to walk 31 miles during the month of May - that's around 2000 steps a day!

To register please contact [Roshanthi.pereira@harrowcarers.org](mailto:Roshanthi.pereira@harrowcarers.org)

**DONATE**

**Harrow Carers**  
Support, Training & Advice

## Remember to tell your GP that you are an unpaid carer

Let your GP know that you are a carer and ask if this could be registered on your medical record. All GP practices will have a carer registration form.

# ADVICE AND BENEFITS

Our services are available to anyone who provides care and support for a friend or relative in the community, regardless of the amount of care you provide. Please call us to speak to one of our specialist advisers (Radha or Anne) on 020 8868 5224 for specialist support and guidance.

## Get Support **turn2US**

A free and easy-to-use Benefits Calculator and Grants Search tools to check what benefits you might be able to claim and what grants you might be able to apply for. One really helpful website is <https://grants-search.turn2us.org.uk/>



## Hospital Discharge Team

Our Hospital discharge service has extended their hours until 5pm Monday to Friday. We support patients to go home from hospital. Our team visit patients on the ward and will carry out an assessment and then will take you home in a taxi. This service is free of charge.

**State pensioners with arthritis or joint pain could get an extra £101 each month**  
**Millions of pensioners are missing out on a Government benefit that could add £407 every four weeks to one's income.**

There are around 56 health conditions that could qualify someone for financial support. State pensioners with one of these 56 conditions could claim Attendance Allowance - visit [www.gov.uk/attendance-allowance](http://www.gov.uk/attendance-allowance). As the cost of living crisis continues, Carers are urged to check if they qualify for extra cash.

**Your donations help us improve our services and help us reach and support more unpaid carers, when they need it most.**



## Do you have a contingency plan?

A contingency plan is a course of action designed to help in responding effectively to a significant future event or situation that may or may not happen.

Harrow Carers, Harrow Council and Unpaid Carers have developed a contingency plan for carers in the event that they are unable to provide care at short notice

Please click to download your free copy for self-completion or contact us to have one sent to you in person

[Click here to download Carer Contingency Planning for children with a disability under the age of 25](#)

[Click here to download Carer Contingency Planning for an Adult](#)







# NOTICE BOARD

## CARERS GOT TALENT

IN CELEBRATION OF CARERS WEEK 2023  
WE ARE LOOKING FOR CARERS TO TAKE PART IN OUR  
'CARERS GOT TALENT' EVENT

Are you a Carer? Do you have a hidden talent?

Sing a song, read a poem, read a story.

Sign up for a 5 minute slot and come and share your talent. Slots are limited and allocated on a first come first-serve basis. All welcome.

To register, please email  
Roshanthi.pereira@harrowcarers.org



FRIDAY  
9th June 2023  
OLD LYONIANS GROUND  
74 Pinner View, Harrow,  
HA14QF



# DO YOU HAVE A HIDDEN TALENT?



## Health Wellbeing and Craft Fair

SATURDAY JUNE 3RD 11-6PM  
JOHN LYONIAN SPORTS GROUND  
PINNER VIEW HA1 4QF

40+ Arena of stalls for Arts and Crafts, Jewellery, Crystals, Personalised Gifts, Fairy Wreaths, Homeware & Accessories, New Age, Candles, Clothes, Pet Products, Eco, Chamak Craft much more!

Entry £2.00  
Under 12 years Free  
Cash only on gate

### Special offer

**Harrow Carers go free - please present your Carer Card at the gate.**

SELENITE SOUL PRESENTS

## SPIRIT OF SUMMER

Health Wellness & Craft Fair

SATURDAY 3RD JUNE  
11AM-6PM

40+ ARTS & CRAFTS ARENA  
JEWELLERY \* CANDLES \* CRYSTALS  
HENNA \* NEW AGE \* GIFTS \* NATIVE CRAFT

HOLISTIC THERAPIES \* BOWEN \* MASSAGE  
ACCESS BARS \* YOGA \* PSYCHIC \* PALM \* READINGS \*  
AURA PHOTOGRAPHY AND MORE

CHILDRENS ZONE \* RIDES \* FACEPAINTING

SOUL JAMMING \* SOUNDBATH  
MUSIC

HILLINGDON ARTISTS  
ART WORKSHOPS ALL DAY

STREETFOOD \* REFRESHMENTS \* SWEET TREATS

OLD LYONIAN SPORTS GROUND  
74 PINNER VIEW

ENTRY £2.00  
CHILDREN  
UNDER 12 FREE

HARROW  
HA14QF



# CHARITY UPDATE



## Carers strategy



### Implementing the Borough's Carers Strategy 2023 - 2026

The borough partnership (an alliance of health, social care and the voluntary sector) has now launched its' strategy for Carers in Harrow. Now we are moving on to the implementation phase. This means translating the fine words into actions that make a difference to you. The implementation group meets regularly to take forward different parts of the strategy online fortnightly or monthly - usually on a Weds at 3pm - 4pm

We are seeking up to 4 more Carers from different backgrounds to help us oversee the implementation of the strategy. There are a number of key performance indicators which we will be tracking, and we will be seeking updates from relevant organisations and helping them make plans where necessary. Volunteer Carers will be asked to read the information before each meeting and scrutinize the work that is being carried out, holding responsible bodies to account by asking questions and seeking assurances. We are seeking volunteers who have experience in caring and are used to being part of a group that works collegiately and effectively.

Please contact [charmian.boyd@harrowcarers.org](mailto:charmian.boyd@harrowcarers.org) if you are interested.

**CLICK HERE TO READ THE FULL STRATEGY**



From left - Charmian Boyd, CEO Harrow Carers, Allie Brice, Carers Lead Harrow Council & Christine Bushell, Advances Nurse Practitioner at St Peters Medical Centre

### We Care Feedback Survey

There is still time to have your say  
The survey is for all carers being supported by Harrow Carers.

It is completely anonymous unless you would like to be identified, so we can respond to something you have said, in which case you can add your name. It takes less than 10 minutes to complete.

Here is a link to complete the survey online.

**[Click here to complete the survey.](#)**

If you would like a paper version of the survey to complete you can get one by contacting us.

**Thank you for your time**



## Lead Community Health Champion

*Taking the lead in raising awareness of diabetes and hypertension in the local community.*

Are you passionate about engaging with communities and helping people to make positive changes to their health and well-being? We would love to hear from you. For more information visit <https://harrowcarers.org/job-opportunities>

**£22,500 PA PENSION SCHEME  
21 HR WEEK FOR 17 MONTHS**



THE ROLE	TRAINING & SUPPORT
<ul style="list-style-type: none"> <li>RECRUIT AND TRAIN COMMUNITY HEALTH CHAMPION VOLUNTEERS</li> <li>ORGANISE &amp; LEAD COMMUNITY HEALTH CAMPAIGNS</li> <li>LEAD ON CO-PRODUCTION, COMMUNITY HEALTH ENGAGEMENT &amp; ACTIVITIES</li> </ul>	<ul style="list-style-type: none"> <li>DEDICATED MANAGEMENT SUPPORT &amp; MENTORING</li> <li>MARKETING SUPPORT</li> <li>FULL TRAINING PROVIDED</li> </ul>

Expressions of interest or any questions please email : [Colin.Powell@harrowcarers.org](mailto:Colin.Powell@harrowcarers.org)

# CHARITY UPDATES

Thank you to our friends and supporters!

**Our achievements have been made possible thanks to the many friends we have worked with over the last 26 years. Together, we have worked on to make sure thousands of carers and their families in Harrow can have a better everyday life and a brighter future. As we look forward to the next 26 years, we would like to thank everyone who has been part of this journey so far.**



We wanted to take this opportunity to say a huge thank you to the wonderful Janet Mote, former Mayor of Harrow. A true inspiration and a tremendous supporter of Harrow Carers. Thank you for choosing Harrow Young Carers as one of your charities of the year and for your continued support for our carers.

We would like to congratulate the new Mayor of Harrow: Cllr Ramji Chauhan and wish him all the best in his Mayoral role.



We would also like to thank the amazing women of Harrow on the Hill Women's Institute for choosing Harrow Carers as their Charity of the year.

The institutes energy, fundraising efforts and compassion for unpaid carers of all ages is truly appreciated by all at Harrow Carers.

As part of saying thank you to HHWI for their tremendous support and fundraising efforts, we carried out two evenings of introductory archery.

The evenings were great fun and opened up the world of archery to some who had never used a bow and arrow before. The women were "on target" and we could definitely see budding, future archers in the making!

Free, fortnightly, Thursday afternoon archery sessions take place at 74 Pinner View HA1 4QF.



**WE WANT TO HEAR FROM YOU! YOUR LIVES, YOUR STORIES....**  
Maybe you've got a cleaning tip, a recipe idea, a useful piece of advice or a funny story? Whatever you want to get off your chest, put it to paper or email and send it to us



# SERVICE UPDATES

## YOUNG CARERS



All services and activities are free for young carers 17 years of age or younger:

- We offer drop-ins at schools, helping your school understand about your role as a young carer and providing practical support and advice in a confidential environment
- We offer monthly outings, activities and educational events to give you a break from your caring role and introduce you to other young carers who may be going through something similar
- During half-term breaks and summer holidays, we offer residential trips, fun activities and educational events.
- 1 to 1 support according to your need
- We offer family support including home visits where appropriate

And much more...

If you feel you are a young carer call us on 0208 868 5224 (ext. 226). Alternatively, email us at [youngcarers@harrowcarers.org](mailto:youngcarers@harrowcarers.org) Follow us on Instagram: @Harrow.YoungCarers for updates and pictures from events!

### Adult Services Update by Karen Gilchrist, Adult Services Manager



We have had a busy couple of months within our Adult Services for unpaid carers. We introduced our strength and balance classes with Meenaxi Shah which were very successful with 15-20 carers attending each session. In the feedback on these sessions our carers asked for these to continue and we have now introduced an ongoing program on Mondays for these sessions.

Our Warm Hubs which take place every Thursday will be changing into community hubs, we are looking for volunteers to help at our Community Hub. If you know anyone who would like to volunteer, please email me at [Karen.gilchrist@harrow.org](mailto:Karen.gilchrist@harrow.org)

Our Create groups will be starting again in June. More information is in this edition of the Newsletter. We will look forward to seeing you all during Carers Week. We will be out and about across the borough raising awareness on what support is available for unpaid carers. If you would like to get involved, please get in touch.

If you would like to get in touch and let me know what you think of any of our services or have any ideas on what else we should provide please let me know.

In the coming months, I will be working closely with Bentley House and Millman's centre to support carers more. I will also be working closely with G.P Practices and Care homes.

### YOUNG ADULT CARERS



**Finance Workshop starting 31st May and 7th June 2023**

**GOOD DEBT VS. BAD DEBT  
INVESTING FOR BEGINNERS  
✓ CREDIT SCORE  
THE EVOLUTION OF MONEY  
MONEY MANAGEMENT  
S.M.A.R.T GOAL SETTING**



**BECOME ABT CREDITED IN EYELASH EXTENSION for 16-25 years  
6 week course starting 28th June - 2nd August 2023**

**Contact  
[kevin.lema@harrowcarers.org](mailto:kevin.lema@harrowcarers.org)**

# SERVICE UPDATES

## ARE YOU THINKING ABOUT HOME CARE

**It can be difficult thinking about arranging care at home. Alongside practical and financial issues there's the emotional impact and many carers report feelings of guilt and loss and not knowing where to turn for information.**

Harrow Carers Home Care service provides individuals and unpaid carers with help and support with tasks according to individual needs. Affordable, personalised quality care provided in your own home, from hourly, daily, night, or weekly care visits, right through to the dedicated support of a 24-hour live-in carer

Contact us today for more information and to book your free, no-obligation telephone consultation or pop in for a cuppa to discuss your needs and how we can help.

<https://harrowcarers-homecare.org>

03300 882224 / [homecare@harrowcaeres.org](mailto:homecare@harrowcaeres.org)



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

## COULD YOU BENEFIT FROM HOMESHARE?



We have had an exciting month with some great referrals for new clients who are now enjoying the benefits of having a homesharer living with them, and enjoying nutritious dinners cooked by our homesharers.

### **How does it work?**

We match Homeowners with potential Sharers using a thorough vetting process that starts with getting to know both well. Having an in-depth understanding of what a Homeowner's needs are means we can match them to the right Sharer. It's important to us to get it right, the first time. For full details of the process, please give us a call.

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

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

# FINAL NOTES



## Are you looking for a venue for your event?

Then we have the perfect place for you. Situated on beautiful, lush grounds, indoor and outdoor space available - ideal for the perfect event! Old Lyonian Sports Ground,  
74 Pinner View, Harrow HA1 4QF  
Speak to Colin for more information.



### Leave a gift in your will

By choosing to make a gift in your will to Carers UK you can affect change for unpaid carers long into the future. Leave a lasting legacy today.

Caring will affect all of us at some point in our lives, that's why including a gift in your will to Harrow Carers is so important. Your gift will enable us to keep working towards a society in which carers are respected, valued, and supported.

Please give us a call for further information



**We have lots of exciting plans for the week - more information will be coming soon, so watch this space!**

### Stay in touch

If you use email, make sure you're signed up to receive our monthly e-mail news bulletin. Every month we'll send you up-to-date, useful information for carers. Subscribe by contacting us at: **admin@harrowcarers.org** or **020 8868 5224**

Please let us know if you need a large-print version of our postal newsletter.

## 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 talk@harrowcarers.org for next steps.



## USEFUL LINKS & CONTACTS

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

Samaritans: if you need to talk to someone.

Mind in Harrow: 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.

**OUR NEWSLETTERS WILL NOW BE ISSUED EVERY 2 MONTHS AND JAM PACKED WITH MORE INFORMATION AND ACTIVITIES**