

HARROW CARERS NEWS

SPRING 2025 EDITION



CEO'S MESSAGE

Dear Carers and Friends,

Hello and the warmest welcome to our latest edition of Harrow Carers newsletter. I hope this finds you happy, healthy, and positive as we head into beautiful Spring. If the better weather and lighter nights make you want to do more, we have plenty of activities coming up over the next couple of months, including a very important week for your diaries, Carers Week 2025, which is all about you and equality. Please refer to page 5 for further information.

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

Thank you for reading our newsletter.

Warm regards,

Colin Powell, CEO, and the Team

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Information on our other services we provide; Home Care and Homeshare



If you have any issues accessing any of the information or links in this newsletter, please give us a call and we will be happy to help.

 @harrowcarers

 @harrowcarers

 @carer.harrow

WEEKLY ACTIVITIES

Harrow Carers Groups & Activities



*If you would like to join any of the activities please contact wellbeing@harrowcarers.org 020 8868 5224 for joining instructions.
Our activities are **FREE** for registered unpaid carers, but if you would like to make a donation please click [here](#) or visit our website <https://harrowcarers.org/>

Monday	Yoga - 10:30AM- 11:30AM	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Qigong - 11:45AM - 1:15PM	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
Tuesday	Elevate Support Group - 11:00AM-12:30PM (Alternating weeks between Zoom & in person. Email wellbeing@harrowcarers.org for link)	Zoom/Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
Wednesday	Zumba - 10:15AM - 11:15AM	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Pilates - 11:30AM - 12:15PM	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Friendship Cafe - 1:30PM - 3:30PM (every 1st Wednesday of the month)	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Sewing Club - 2:00PM - 4:00PM (held every other Wednesday of the month)	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
Thursday	Community Hub - 12:00PM - 2:30PM Every Thursday	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
Friday	Mental Health Support Group 1:30PM - 2:30PM (Every 2nd Friday & 4th Friday of the month in person) Email wellbeing@harrowcarers.org	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ

WEEKLY ACTIVITIES

Mental Health Support Group

Do you care for a loved one with a mental health problem?

Take a break from your caring responsibilities and join us for a warm welcome in a relaxed and supportive atmosphere.

"The Drop In is something to look forward to where I feel understood and not alone"

"Sharing is so important and I leave there feeling better"

"It's tremendously helpful to be amongst others who can relate to the situations of a carer"

In-person at Harrow Carers Centre in North Harrow every 2nd and 4th Fridays of the month from 1.30 to 3pm.

ELEVATE SELF-SUPPORT GROUP



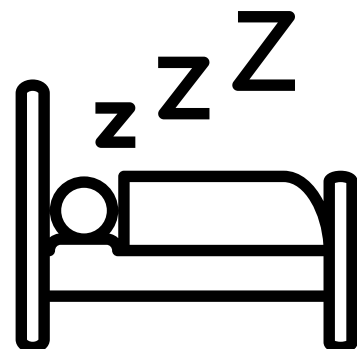
Elevate Carers meet every Tuesday 11am-12.30pm. We alternate weekly between Zoom and in person meetings, in the Harrow Carers Main Hall. This is a forum where unpaid Carers offload and support each other with our issues. We are primarily self-sufficient with Harrow Carers staff setting up the zoom platform or Main Hall.

All unpaid carers are welcome

Rest for the Restless – A Sleep Workshop for Carers (22nd May at the Hub)

We'll explore:

- The biology of disrupted sleep and why it's a normal response in caring roles
- The emotional and physical impact of sleep loss (including mood, memory, and resilience)
- Gentle, effective tools to support better rest - even if sleep is fragmented
- How light exposure, breathing, and simple routines can support the body clock
- A short breathing practice to calm the nervous system
- A chance to reflect and create a personalised, doable sleep support plan.



UPCOMING ACTIVITIES

Upcoming Events



May 2025

**1st May
2025
1pm-2pm**

Information & Advice Session

At the Community Hub

**Thursday 1st May 2025 1pm-2pm at Old
Lyonians Ground, Pinner View, HA1 4QF**

General Benefit advice will be discussed.
Please call 0208 868 5224 if you would like
further information or email
wellbeing@harrowcarers.org



**8th May
2025
1pm - 4pm**

VE Day Celebration

At the Community Hub

**Thursday 8th May 2025, 1pm – 4pm at Old
Lyonians Ground, Pinner View, HA1 4QF**

Join us in celebration of VE Day for Afternoon Tea.
Please call 0208 868 5224 or email
wellbeing@harrowcarers.org to register your
place. Please note limited spaces available.



**15th May
2025
1pm-2pm**

Carers Co-production Session

At the Community Hub

**Thursday 15th May 2025, 1pm - 2pm at Old
Lyonians Ground, Pinner View, HA1 4QF**

Share your views, thoughts and opinions on our
activities. Please call 020 8868 5224 or email
admin@harrowcarers.org for more information.



**22nd May
2025
1pm-2pm**

Sleep Management & Wellbeing Session

At the Community Hub

**Thursday 22nd May 2025, 1pm – 2pm at Old
Lyonians Ground, Pinner View, HA1 4QF**

Did you know? Ongoing lack of sleep or poor
quality sleep increases your risk of various health
problems. Are you struggling to get a good
night's sleep? Please call 0208 868 5224 or email
wellbeing@harrowcarers.org to register your
place.



**29th May
2025
1pm-2pm**

Mindfulness Session

At the Community Hub

**Thursday 29th May 2025 1pm – 2pm at Old
Lyonians Ground, Pinner View, HA1 4QF**

Find out how Mindfulness can benefit you.
Please call 0208 868 5224 or email
wellbeing@harrowcarers.org to register your
place.



UPCOMING ACTIVITIES



CHARITY
EVENT



London
North West
Healthcare
Charity

RUN WALK SWIM CYCLE 1000 MILES FOR DEMENTIA



Join us in a collective 1000-mile challenge to support those with dementia. Walk, run, cycle, swim and more at your own pace while enjoying the outdoors with friends or music. Your involvement will help us support the Dementia Services at London North West Healthcare University NHS Trust (LNWH) and Harrow Carers, making a positive impact on the lives of individuals living with dementia in Harrow.

STARTS - 1ST MAY 2025
ENDS - 31ST MAY 2025

Ready to Make a Difference?

To Participate



To Donate



THANK YOU FOR YOUR SUPPORT AND
ENTHUSIASM! LET'S WORK TOGETHER TO REACH
OUR 1000-MILE GOAL.

Or email wellbeing@harrowcarers.org / 020 8868 5224

HARROW CARERS

TABLE TOP SALE

SATURDAY 12TH JULY 2025
10:30-3 PM

Refreshments →

Raffle →

Music and Entertainment →

Kids Arts and Crafts →

Come along and bag a bargain

Old Lyonians Ground, Pinner
View, Harrow HA1 4QF

ADMISSION £1
All proceeds go to
Harrow Carers

To book a table please email
wellbeing@harrowcarers.org
£10 per table

Save the date for Carers Week 9-15 June 2025

Carers Week 2025 is scheduled for 9-15 June, with the theme 'Caring About Equality'. This theme aims to highlight the inequalities faced by unpaid carers, such as a greater risk of poverty, social isolation, and poor mental and physical health. Many carers miss out on opportunities in education, careers, or personal lives due to their caring responsibilities.

As part of Carers Week, an information event will be held on **Friday, 13 June from 11:00 AM to 3:00 PM**. Old Lyonians Ground, Pinner View, Harrow HA1 4QF

This event will provide valuable information and support for carers, helping them to better understand and manage their roles.

Carers Week is an annual campaign designed to raise awareness about caring and to help people who may not identify as carers to recognise their roles and access the support they need. Further details about the events and activities planned for Carers Week will be emailed to all carers.



UPCOMING ACTIVITIES

Volunteers needed for the Harrow Stories Project

Harrow Carers Embark on an Exciting Heritage Project to Uncover Untold Migration Stories


We are thrilled to announce that Harrow Carers are embarking on a captivating heritage project that delves into the untold stories of migration to Harrow over the past 60 years. This project shines a spotlight on the experiences of unpaid carers from diverse communities, including India, Pakistan, Sri Lanka, Bangladesh, Romania, and beyond.

Our mission is to document the unique journeys, cultural traditions, and informal care networks of these remarkable individuals. Unpaid carers play a crucial role in supporting elderly relatives and dependents, yet their immense contributions often go unrecognised. By capturing their resilience and sacrifices, we aim to highlight the growing demands they face, especially as formal support networks remain limited. These stories will not only preserve their legacy but also advocate for better understanding and support for unpaid carers.

To bring this heritage to life, we will be gathering oral histories, photographs, and memorabilia from migrant unpaid carers, capturing their caring experiences alongside their migration stories. One creative idea we are particularly excited about is a recipe book that explores how food has played a key role in caring, evolved, and changed over time. This culinary journey will offer a delicious glimpse into the cultural richness and traditions of our carers.

We invite the community to participate in this enriching project in several meaningful ways:

- **Sharing Stories:** Community members, especially unpaid carers from migrant backgrounds, can share their personal stories, experiences, and cultural traditions through interviews, oral histories, and written accounts.
- **Contributing Memorabilia:** Individuals can contribute photographs, documents, and other memorabilia that reflect their migration journeys and caregiving experiences. These items will help visually document and preserve the heritage of unpaid carers.
- **Participating in Events:** The project will host events, workshops, and discussions where community members can participate, share their insights, and learn more about the experiences of unpaid carers.

 **Get Involved:** If you'd like to share your story or learn more, please contact Rehna Tanna at Rehna.tanna@harrowcarers.org. Together, let's celebrate and preserve the invaluable contributions of unpaid carers in our community.

STORIES OF HARROW - HARROW GIVING

Harrow Giving



UPCOMING ACTIVITIES

Learn to Cycle

Want to learn how to ride a bike? We're organising cycling sessions to help you gain confidence and get rolling! Stay tuned for more details, and don't hesitate to get in touch to express your interest or learn more. June and July session (date TBC)

May Drop-in Session
Location: Harrow Civic Centre
Session Date and Time:
Saturday, 24-May-25: 1:30 - 2:30 PM

★ Whether you're a beginner or need a refresher, this is your chance to master the skill and enjoy the freedom of cycling.

admin@harrowcarers.org



Archery Young Carers

Old Lyonians Ground

Young Carers

Fridays

4:30PM - 5:30PM

Fortnightly (term time)



Young Carers Homework Club

Old Lyonians Ground

Wednesdays

4:00PM - 5:30PM

Weekly (term time)



Don't miss our VE Day Afternoon Tea event

Date :8th May 2025

Time : 1pm-4pm

Venue :74 Pinner View Ha1 4qf

Carer plus 1 guest

Strictly on registration only .
Wellbeing@harrowcarers.org



Being able to go to the various classes you offer so that I could get out of the house and focus on myself and my well-being, and being around others who live with people who have a poor health or disability has been life-changing for me.

Carer

OUR YOUNG CARERS

This Easter holidays, our young carers community came together for an unforgettable series of adventures, laughter, and new friendships.

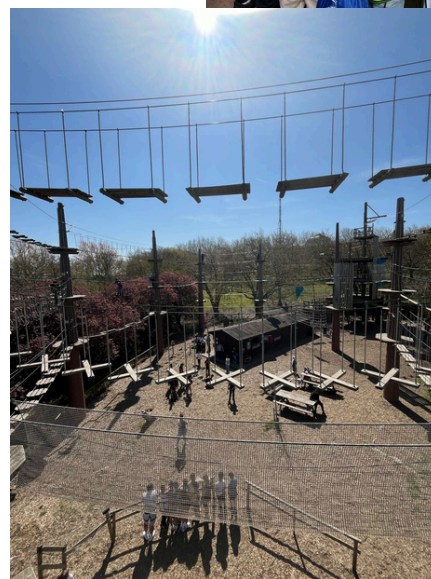
Before breaking up for the holidays, our juniors also enjoyed a fantastic Easter hunt, arts and crafts, and plenty of Easter-themed fun during their club sessions. It was a wonderful way to celebrate the season and bring everyone together in a creative and joyful atmosphere.

Our juniors, aged 5 to 11, kicked off the celebrations with a vibrant day at Aldenham Country Farm. There, they delighted in tractor rides, met the adorable new spring babies, and bounced to their hearts' content on the bouncy castles. The day was filled with excitement as they explored the farm, enjoyed lunch together, and soaked up the fresh countryside air.

Meanwhile, our youth group (ages 12 to 16) set off on a city adventure to London Zoo. The journey itself was part of fun, taking the train into the city and capturing memories with disposable cameras. Once inside the zoo, they explored fascinating exhibits, discovered amazing animals, and enjoyed all the cool activities the zoo had to offer. It was a day packed with learning, laughter, and plenty of photo opportunities.

Not to be outdone, our young adult carers (ages 16 to 25) took on the treetops at Go Ape in Alexandra Palace. They conquered new heights—literally—tackling high ropes, zip lines, and thrilling challenges, all while cheering each other on and building confidence together. It was an empowering experience that left everyone buzzing with pride.

Altogether, we saw over 40 young and young adult carers join us this month, making memories and having the best time ever. If you know a young or young adult carer in Harrow, now is the perfect time to register them to be part of these amazing experiences!



[@harrow.youngcarers](https://www.instagram.com/harrow.youngcarers)

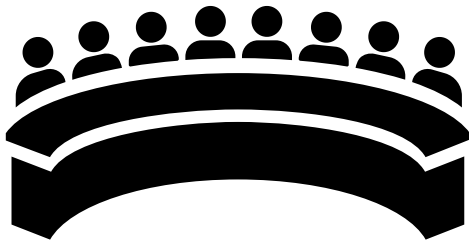
Please email youngcarers@harrowcarers.org for more information

OUR YOUNG CARERS

Young Carers Council

Our Young Carer Council is off to a flying start! We have successfully recruited for all council posts and already held our first “get to know you” meeting, followed by an energetic team bonding day. The enthusiasm and creativity in the room were infectious, with council members brimming with ideas and excitement for their first big project. The fun is pumping, the ideas are flowing, and the team is ready to make a real impact.

This council will be at the heart of leading change—not just for our service, but for all young and young adult carers in Harrow. Their voices, energy, and leadership will help shape the future, ensuring that every young carer’s experience is heard and valued. We can’t wait to see what they achieve together!



Are you a young carer? Contact us at 020 8868 5224 or email: youngcarers@harrowcarers.org. We're here to provide free support and wellbeing services for unpaid carers.

ADVICE & BENEFITS



Our Information & Advice team are on hand if you have any questions or require any assistance with benefits or any other issues relating to your caring role. Both Anne and Radha, Adult Services Advisors are available at the centre: 0208 868 5224.

If you receive a state pension, you could be eligible to increase your weekly income by claiming Pension Credit. Claiming Pension Credit means you can get extra help with Dental Costs, TV License, (75 years and over), Council Tax and Winter Fuel Payments.

We can also support our carers with grants from our Network partner Carers Trust.

For information on income-related benefits, contribution-based benefits,

- [Turn2us benefits calculator](#)
- [Policy in Practice better off calculator](#)
- Entitled to [benefits calculator](#)



These Benefits Calculators help people to gain access to welfare benefits, charitable grants and support services.

If you're struggling with living expenses, you may qualify for assistance with essentials like bills and food. Benefits may be available even for those who work, have savings, or own a home. Visit the Citizen's Advice website for information on potential support.



We kindly ask for a donation when assisting with form filling. Your contribution helps us improve our services and reach more unpaid carers when they need it most.

Every donation makes a difference—thank you for your support!



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/>

Money Smart Tips



- Set some goals for your money
- Prepare a budget and keep tracking it
- Look up your credit score and take steps to improve it
- Start saving/review how you are already saving
- Make sure you are receiving all the benefits and financial support you eligible for
- Seek support if you have problem debt

BEFRIENDING SERVICE

Befriending: a carer's perspective.

In our last issue we looked at the rewards gained by our volunteers who visit carers once a week for 10 weeks. This time we focus on the carers and their journey from the first day, when the thought of a stranger coming into their home can be daunting, to the end of the befriending relationship, when they have to say goodbye to their 'friend'. During the time carers have had the space to offload, explore their fears and challenges, without being judged. They are able to re-connect with the outside world, focus on themselves and talk about their hobbies and interests. These quotes provide a tiny window into the benefits they gained:

"I wasn't sure about befriending at all. After all, I had looked after my wife without any problems. But I'm glad I accepted. I felt comfortable with the volunteer after 15 minutes of the first visit. We learnt a lot about one another"

"My volunteer was an amazing chap. Very interesting fellow. I opened up to him about things I haven't spoken about to anyone"

"I felt relieved I could talk about my feelings and my caring role. My volunteer gave me words of encouragement to help me realise my wellbeing is also important and I need to look after myself. Having a befriender really helped to reduce my isolation."

"My befriender gave me the chance to ask for help when I needed it. She helped me build up my confidence and become more independent when I was going through a difficult time"

"I was feeling a little anxious initially as I was worried about what would happen. But it was absolutely fine. I could offload, talk about anything. My volunteer was very polite and patient"

"The visits broke down barriers for me so I was able to talk about how I felt about the changes in my life. I had been married for 58 years, and I did not think my life would be like this. She was easy to talk to and I could talk to her about the guilt I felt when my husband was moved into a care home"

"I learnt a lot about cricket from my volunteer and taught him about football. We had different political points of view so we could have good arguments. I enjoyed his visits"



If you would like to receive a regular* 'friend' or if you would like to join us as a volunteer and make a huge difference to someone's life, please contact Kalpana Mehta, Befriender Co-ordinator on kalpana.mehta@harrowcarers.org

***Please note our visits are limited to 10 per carer.**

DEMENTIA SUPPORT

What is Dementia?

- Dementia is not just a brain getting older, it is caused by damage to nerve cells in the brain
- Dementia is progressive and maybe mild at the start, but progresses over time
- Dementia is an umbrella term that describes a group of symptoms that include memory loss, inability to perform daily tasks, problems with language and changes in behaviour, mood and emotions.



"Thank you so much for your kind words and for all the support you've provided throughout the 6-week programme. It has been such a valuable experience, and I'm truly grateful for everything you've done. My mum has also gained immensely from it, and it's been wonderful to see her benefiting from your guidance"

Adjusting your life to being a Dementia Carer, though rewarding, can be at times challenging. As a Dementia Carer you may find yourself feeling anxious, angry and frustrated, and this may cause you to feel guilty. You may feel alone and isolated.

Harrow Carers are here to help you



- ✓ 1-1 Telephone or home visit support
- ✓ 6-week Dementia Information & Support programme for carers that includes sessions on:
 - Managing Stress and Wellbeing
 - Reasons for changes in behaviour
 - Communication
 - Planning for the Future
 - Other Support Services available for dementia carers and dementia cared for.

Week 1 - Monthly Friendship Cafe for Dementia Carers and Cared for-1st Wednesday at 74 Pinner View HA1 4QF
Time: 1:30pm-3pm

Week 2 - Monthly Care Home Support group for carers
Next Session 12th May at 376-378 Pinner Road HA2 6DZ
Time: 10:30am-12noon

Week 3 - Monthly Dementia information Hub for carers at
Northwick Park Hospital
Time: 2pm-4pm

Week 4 - Monthly Friendship Cafe for Dementia Carers and Cared for at Stanmore Chapel, Corner of Marsh Lane/Nelson Road HA7 4HP
Time: 1pm-3pm



Next Programme in July 2025
Contact Roshanthi, Dementia Team Lead
Roshanthi.pereira@harrowcarers.org or 020 8868 5224

DEMENTIA MONTHLY ACTIVITIES

Introducing Kerstin our new dementia advisor



I joined Harrow Carers in February 2025, but my connection with the charity goes back to 2019 when I started working in Harrow as a Stroke Support Coordinator. I remember being amazed at all the support Harrow Carers offered, especially the young carer support, and regularly referred stroke survivor carers to Harrow Carers for support.

I actually have a scientific background, spending over 20 years in tuberculosis research. After losing my Dad to a stroke, and my Mum to cancer, I wanted to support others going through tough times and started working for the Stroke Association in Harrow. In my spare time, I volunteer at Battersea Old Windsor (I am a mad cat lady!) and I am an advanced first aider with St John Ambulance. I also enjoy playing tennis and going ski-ing.

It is great to get the opportunity to join such an amazing, caring team of people and I look forward to meeting you wonderful carers at one of our many support groups or activities.

Friendship Cafe

For Carers &
Cared for



Come along to our friendly drop-in cafe for coffee, cake and an opportunity to meet and socialise with people who are facing a similar future in a friendly and supportive atmosphere.



Our Friendly Cafe is open to all Carers supporting family members and friends with dementia. A place to share experiences, information and support.

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 1.30pm-3pm.



Afternoon Drop-in's every 4th Wednesday of the month for Carers and Cared for. At Stanmore Chapel, Corner Marsh Lane/Nelson Road HA7 4HP from 1pm-3pm.



MORE INFORMATION

Roshanthi Pereira

Dementia Team Leader

Tel: 020 8868 5224

Email: roshanthi.pereira@harrowcarers.org

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



Care Home Support Group



Do you have a loved one in a care home?
Come and join our
Care Home Support Group and chat over
hot beverages and biscuits!

Date: Monday 12th May 2025
Time: 10.30am- 12pm
Venue: Harrow Carers
376-378 Pinner Road
Harrow HA2 6DZ

MORE INFORMATION

To book your place or find out more contact:

Roshanthi Pereira

Email: roshanthi.pereira@harrowcarers.org

Tel: 020 8868 5224



www.harrowcarers.org

Online Dementia Programme

Are you a working carer? Would you be interested in participating in an online Dementia Programme which will be held on 6 consecutive Mondays from 6:30pm-8:30pm?

For further details please email:

Roshanthi.pereira@harrowcarers.org

LOOKING AFTER YOURSELF

With funding provided by Sports England, Harrow Carers have been able to expand on the extensive list of activities they provide for unpaid carers. We are now providing weekly sessions of archery, badminton and table tennis. Over the last ten weeks our new members (over 50) have attended 280 sports sessions (with some members attending all three activities).

It is well known that staying active is beneficial, both physically and psychologically. The activities we have selected are of moderate intensity which amongst other things, improves cardiovascular health, whilst improving strength, endurance and mobility.

We provide tailored group sessions to match the ability of our members. For example, during badminton, the games are kept short (11 points) and played at a pace to suit. To ensure all members are engaged, we continuously rotate the teams which helps to promote communication and social interaction.

Likewise, table tennis and archery have been selected as these can also be tailored to suit the different abilities. Archery requires a high level of focus and in addition to strengthening one's core, can be a great way to switch off and "reboot". Table tennis requires focus and quick decision-making, which can help improve cognitive function, reaction time and memory. There is still time to join and try out one of these sports - please email pj.dacruz@harrowcarers.org for booking information - Please provide your first name, surname and telephone number.

Activities Schedule

- BADMINTON THURSDAY 10 till 11:30
- TABLE TENNIS THURSDAY 2 till 3:30
- ARCHERY FRIDAY 2 till 3:30

Important Information

- All equipment will be supplied.
- Please wear comfortable sports clothing and appropriate training shoes to minimize the risk of injury.
- Advisory: If you haven't participated in sports for some time or have any health-related concerns, please consult your GP before joining.

Venue

Old Lyonians, Pinner View

We look forward to seeing you there!



LOOKING AFTER YOURSELF

Important Information on Safeguarding for Carers



What is safeguarding?

Safeguarding is about keeping people safe from harm and abuse. Safeguarding is everyone's business. It helps protect children and adults who may not be able to protect themselves. Everyone has the right to feel safe and be treated with care and respect.

You can access our policies via our website. If you encounter any safeguarding concerns involving a vulnerable adult or child please do not hesitate to contact our designated safeguarding leads:

- Karen Gilchrist, Head of Adult Services. Tel: 0208-868-5224
- Colin Powell, C.E.O. Tel: 0208-868-5224

For more detailed information, please visit:
[Staying Safe - Harrow Adult Social Care]
(<https://www.harrow.gov.uk/adult-social-care/staying-safe>)

Children's safeguarding: <https://www.harrowscb.co.uk/>

Thank you for your dedication and vigilance in ensuring the safety and well-being of those in your care.

Prostate Cancer UK empowers men to navigate prostate cancer, affecting 1 in 8 men, with doubled risk for Black men. They raise awareness, fund research, advocate for change, and offer support for families and friends for information. [Prostate Cancer UK](#) | [Prostate Cancer UK](#)

It's never too late to start working towards a healthier lifestyle. There are numerous services available both online and in Harrow to help you on your journey.

Be more active

Harrow Health Walks: Free guided walks across Harrow led by volunteers. New walks include the Enderley Road Medical Centre Walk and the Step Up Together Women's Walk. For more information see [Harrow Health Walks](#)

Staying Active Booklet: A list of low cost and free activities in Harrow. Download the [Staying Active Booklet](#)

Street Tag App: Join teams, collect points, and tags by walking, running or cycling. Compete with others and stand a chance to win Tesco Vouchers. For more information see [Street Tag](#).

Improve mental wellbeing

Harrow Carers: We have many activities, including counselling to help and support you. Speak to us and find out how we can help

Harrow Carers Counselling

Our counselling service offers a safe place for you to be listened to and support you with the difficulties you're experiencing. Please give us a call on [0208 868 5224](tel:02088685224) or email talk@harrowcarers.org.

Good Thinking: Find digital resources to reduce stress and get recommendations for NHS approved apps through the [Good Thinking platform](#)

Other mental health support services: View a list of services in Harrow to support various needs. Visit [Support Services](#)

100 years celebration

Celebrating 100 Years!

A huge happy birthday to our beautiful Eileen, who turned 100 years old! We marked this incredible milestone with an unforgettable afternoon of dancing, singing, laughter, and of course... CAKE! We were honoured to have a special visit from the Mayor of Harrow and the Representative Deputy Lieutenant, who presented Eileen with a letter from the King! It was truly heart-warming to see our dementia carers group and their loved ones enjoying classic tunes from the 50s and 60s, performed by a wonderful entertainer.

A huge thank you to everyone who helped make this day so special

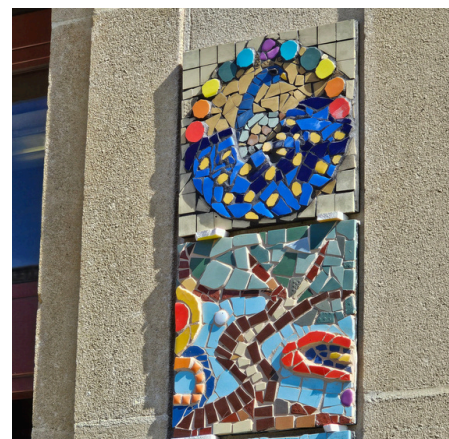


A Mosaic of Memories & Mindscapes: Celebrating Creativity and Connection

Several of our dedicated carers devoted six weeks to crafting a breathtaking collective mosaic, allowing time to unleash their creativity and explore their identities. Each carer designed individual mosaic pieces, all woven together under the unifying theme of 'Memories & Mindscapes.'

It was truly enchanting to see how perfectly the final installation complemented the building. The mosaics now grace the entrance, encapsulating the spirit of every participant.

We invite you to take a moment of stillness to appreciate these vibrant creations. The love and thoughtfulness infused into each piece are genuinely palpable. Our heartfelt gratitude goes to Create charity and Teresa Paiva for providing us with the opportunity.





NOTICE BOARD



Harrow Parent Carer Forum

We are a friendly, supportive community of families who have children or young people with special needs or a disability that live in the borough of Harrow.

Our Steering Group are all parents that have children or young people with special needs or a disability. We represent the parents of children and young people up to the age of 25 with **any** form of SEND or health needs, both pre and post diagnosis, including those in mainstream schools, and we pass on their views to local professionals to help shape local services.

Keep up to date on our social media pages

 HarrowParentCarerForum HarrowParentCarers	 @HpfHarrow
 HarrowSendNoticeboard The Harrow SEND Noticeboard has regular local and national news updates and information	 harrowparentforum

If you need to get in touch

Email us at info@harrowparentforum.org
Give us a call on 07928 577 689
www.harrowparentforum.org

Harrow Parent Carer Forum (HPCF) is a parent-led SEND participation forum that is funded by the Department of Education (DfE).



Patient & Carer Participation Group

MONTHLY MEETING

Your chance to hear about your hospitals and make your voice heard!

NORTHWICK PARK, EALING AND CENTRAL MIDDLESEX HOSPITALS

Online and also on each of the three hospital sites. Please contact us for more details, through Harrow Carers.

Email: hospitalservices@harrowcarers.org

Calling all Volunteers!

Do you want to make a difference to older peoples lives by visiting them in their own home and supporting them to link with the local community?



All you need is 2 hours a week for 6 months

You will receive training and become part of our team of caring volunteers.



For information, please contact Harrow Carers



 **Priti Suchak**
020 8868 5224
 priti.suchak@Harrowcarers.org
 **Harrow Carers, 376-378 Pinner Road, North Harrow, HA2 6DZ**



FAMILY AND FRIENDS SUPPORT

If your loved one is receiving care in our Harrow Community Mental Health team, we are here to support you.

Do come and have a chat and a cup of tea with a member of the clinical team. Each week we have different guest speakers, such as psychology, employment services, social prescribers, home treatment team, pharmacy, Harrow Carers and other third sector organization.

When: The third Wednesday of every month from 4pm to 5pm

Venue: Bentley House Room 12

Future sessions for 2025:
19 Feb, 19th March, 16 April, 21 May, 18 June, 16 July, 20th August, 17th September, 15th October, 19th November, 17th December.

If you would like to attend or have more information:
Please email: cnwl-harrowmh.carerssupport@nhs.net
or ask reception.



NOTICE BOARD

NHS APP TRAINING SESSIONS

Tuesdays 06/05/2025
Time: 10:00 – 14:00
Conversation Café™
St Peter's Church
Sumner Road
West Harrow - HA1 4BX

Learn to manage your Health

- View your health record
- Book appointments
- Order repeat prescriptions
- ... and more

Get Ready for Training

To ensure a smooth registration process please bring the following item:

Option 1: ODS Code (ask your GP)

- ODS Code
- Account
- Linkage Key (also called a passphrase)

Option 2: Register with Photo ID

For assistance, contact us

UBUNTU PLEDGE www.ubuntupledge.com
 info@ubuntupledge.com



Scan to Download



CONVERSATION cafe

Accessible Information & Advice Services

Conversation Café supports Harrow residents who are disabled, unpaid carers, are pensioners or who have long term / ongoing health conditions

St Peter's Church
Sumner Road, West Harrow, HA1 4BX
Every Tuesday | 10am – 2pm

The Wealdstone Centre
38-40 High Street, Harrow HA3 7AE
Every Wednesday | 10.30am – 1.00pm

North Harrow Community Library
429-433 Pinner Road, North Harrow, HA1 4HN
Every Wednesday | 2pm – 5pm

harrow.gov.uk/conversationcafe
020 8901 2680 | conversation.cafe@harrow.gov.uk



LONDON BOROUGH OF
HARROW

Leave a gift in your Will

We recommend that you contact a solicitor or a professional Will writer first. They are best placed to help you write your Will and ensure that everything is done correctly.

If you already have a Will and would like to change it to include a gift to charity, they will be able to advise you on this too.

We appreciate that making these decisions is a big deal and we want to do our best to help. If you would like further information about leaving a gift in your Will, you can email rehna.tanna@harrowcarers.org or call us on 0208 868 5224.

If you'd like to include Harrow Carers in your Will, simply insert the following message:

I give to Harrow Carers, 376-378 Pinner Road, North Harrow, Middlesex HA26DZ (Registered charity number 1062149) for its general charitable purposes.

(Insert the share of your estate or the amount of money using both words and figures – for example, one thousand pounds (£1,000) – or the description of the item you wish to leave to Harrow Carers)

Carer Assessment Process

Harrow Council and Harrow Carers are currently reviewing how unpaid carer assessments are carried out by the Local Authority. We would really appreciate your time in helping with the review by completing the questions below. Your answers and comments are important as they will help shape a new and improved assessment offer for all unpaid carers across Harrow.



SERVICE UPDATES

ELITE SPECIALIST HOME CARE

Do you know someone who might need some extra help at home?

The flexibility of our home care services enables you or the person you care for to live safely and comfortably in your home. From **hourly, daily, night, or weekly care visits**, right through to the dedicated support of a **24-hour live-in carer**. Whatever care your loved one needs, we'll work fast to help find a solution. And we understand care needs can change, so our plans are always flexible.

03300 882224 /

info@elitespecialistcare.org

<https://www.elitespecialistcare.org.uk>



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



Providing Home Care for Over 15 Years!

Elite Specialist Care, part of Harrow Carers, has been delivering home care for over 15 years. We are regulated by the Care Quality Commission and are an approved supplier to the London Borough of Harrow.

COULD YOU BENEFIT FROM HOMESHARE?



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>

THANK YOU

thank you FOR YOUR TREMENDOUS SUPPORT

Morrisons Harrow for their continued Support and Donations



Jean and Derek King Trust



We extend our heartfelt gratitude to the trustees at the Jean and Derek King Trust for their continued, amazing support. Thanks to their generosity, our young carers will now enjoy a fantastic, activity-filled year that will significantly enhance their mental, physical, and social wellbeing. Not only that but they have funded for a full restoration of new therapy room at our office. This addition will be a crucial resource for carers and their loved ones who are newly diagnosed and in the early stages of dementia.

B&Q Foundation

We are incredibly grateful to B&Q for their generous funding, which will make a significant difference in our community. This support will enable us to enhance our facilities and provide better services for our carers, staff and the community. Thank you, B&Q, for your unwavering commitment to our cause and for helping us make a positive impact.



FOUNDATION



Heartfelt Thanks to the Freemason's Charity! A huge thank you to The Freemason's Charity for kindly donating these beautiful art therapy books for our wonderful dementia carers and their loved ones. Your generosity brings joy, creativity, and comfort to those who need it most.

We are deeply grateful for the ongoing support from the Freemasons — your kindness makes a real difference.



Fundraise for us!

Could you give a couple of hours of your time to organise a fundraiser, such as a coffee morning or a bake sale, to raise vital funds to support our work? Please call or email rehna.tanna@harrowcarers.org and we will support you as much as we can

VE day quiz

total
SCORE
24

Round 1 - Food For thought

- 1 Made with hot water and now usually served with ice cream, what dessert became popular during the war?
- 2 Dig for Victory was a wartime campaign encouraging people to do what?
- 3 In the UK, what restriction lasted until 1954?
- 4 Often included in military rations for British troops, what was corned beef also known as?
- 5 During the war, vinegar and baking soda replaced what ingredient as a rising agent in cakes?
- 6 The root of what common yellow flower was often used during WW2 as an alternative for coffee?
- 7 What was the name of the character created to encourage people to use more potatoes during the war?
- 8 What needed to be presented every time someone purchased a rationed food item?

1: Jelly 2: Grow their own food 3: Food rationing 4: Bully beef 5: Eggs 6: Dandelion 7: Potato Pete 8: Ration book or coupons

Round 2 - StEp back in time

- 1 What does the VE stand for in VE day?
- 2 At what time did Winston Churchill, the Prime Minister leading Britain during WWII, delivered VE Day speech on May 8th, 1945?
- 3 Who sang the popular wartime song 'We'll meet again'?
- 4 Codebreakers at Bletchley Park successfully cracked which code, that helped to shorten the war?
- 5 Due to rationing and shortages, which item of clothing worn by women was famously hard to obtain during the war?
- 6 Which British aircraft played a significant role in the Battle of Britain in 1940?
- 7 Which native British flower is commonly associated with remembering the war?
- 8 What protocol did Britain introduce to help move children away from cities because of air raids?

1: Victory in Europe 2: 3pm 3: Vera Lynne 4: Enigma Code 5: Silk Stockings 6: Spitfire 7: The Red Poppy 8: Evacuation

Round 3 - community SpiRit

- 1 What tradition was revived during the 1940s to bring people together and lift morale?
- 2 What was the name of the campaign that encouraged saving food and household items?
- 3 What women's organisation helped raise money, produce food and evacuate children during the war?
- 4 How did British Troops stay in touch with their families during the war?
- 5 Which organisation, known for its mobile canteens, provided hot meals and drinks to soldiers and civilians in need?
- 6 What popular ball sport was encouraged within British troops to help keep up morale?
- 7 What well-loved slogan was used after The Blitz to help lift spirits?
- 8 A popular pastime during the war, what was the Jitterbug?

1: Street Parties 2: Waste Not, Want Not 3: The Women's Institute 4: Letters 5: Salvation Army 6: Football 7: Keep Calm and Carry On 8: A dance

Celebrating VE Day's 80th anniversary.
ve-vjday80.gov.uk



FINAL NOTES

Carers – Share Your Feedback

We value your input and would love to hear from you! Please take a few moments to fill out our survey and share your experiences and suggestions. By participating, you'll not only help shape our carers strategy and influence the support we provide, but you'll also have a chance to win a **£25 voucher** as a token of our appreciation. Your feedback is crucial in helping us improve and better serve our community. Thank you for your time and contribution!

Click the link to complete the survey

<https://forms.gle/GZpFFWfMgUrd2nRb7>

HAVE YOUR SAY



Since January 2025, we have welcomed nearly 200 new unpaid carers in Harrow. As a charity, we depend on donations and grants to sustain our services and continue to assist those in need. There are several ways to support us, including donating, volunteering, or leaving a gift in your will. Every little Penny helps, thank you!



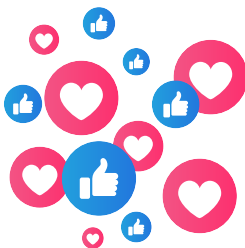
DONATE

Make a difference today

DONATE ❤️

FOLLOW US

Follow us on social media
Connect with Harrow Carers on social media.
We are on Facebook, Instagram, Twitter, Threads, LinkedIn and YouTube



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 disha.patel@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.

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.

Use NHS 111 to get to the help you need

<https://111.nhs.uk/>

OUR NEWSLETTERS ARE NOW RELEASED QUARTERLY JAM-PACKED WITH INFORMATION AND ACTIVITIES. IN-BETWEEN WE SEND OUT UPDATE BULLETINS AS NEEDED