



## CEO'S MESSAGE

Dear Carers,

Hello and the warmest welcome to our August / September edition of the Harrow Carers' newsletter. I hope this finds you happy, healthy, and positive as we enter Summer.

What an incredible Carers Week we had! Carers Week is about you, because of you, and for you. I wanted to take this opportunity to say a huge thank you to carers and to everyone involved in making this week a huge success. It was great to see you all.

What I hope we can show you in this issue is that there is much out there to enjoy. We aim to supply you with as much information about how to get the most out of your spare time, meet new people, and share some laughter. You could, for example, go along to our CREATE Workshops (page 4). The sessions will be a chance to create your own original artworks, meet other carers and have fun! No experience is required, everyone's welcome.

We understand that the caring role can be demanding, stressful and isolating. There is support available for carers in Harrow and we are always here for you, so please do get in touch with us.

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.

Thank you for reading our newsletter.

Charmian Boyd  
C.E.O



## CONTENTS

<b>ACTIVITIES</b>	<b>PG. 2</b>
<b>SUPPORT GROUPS</b>	<b>PG. 3</b>
<b>UPCOMING ACTIVITIES</b>	<b>PG. 5</b>
<b>YOUR HEALTH</b>	<b>PG. 6</b>
<b>ADVICE &amp; BENEFITS</b>	<b>PG. 8</b>
<b>NOTICE BOARD</b>	<b>PG. 11</b>
<b>CHARITY UPDATE</b>	<b>PG. 12</b>
<b>SERVICE UPDATES</b>	<b>PG. 16</b>

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



# 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**  
**23rd August NO ZUMBA**

## 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 8th August 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**  
**2PM – 4PM**

\*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**  
**2nd August NO PILATES**

## 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- 11:30AM**

## 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



### UPCOMING EVENTS AT THE COMMUNITY HUB

31/08/23 - 10.00 - 2.00pm Harrow Council Financial Assessors

31/08/23 - 12.30 - 1.30pm Workshop on Stress Management

07/09/23 - 12.30 - 1.30pm Workshop on Anxiety Management

28/09/23 - 10.00 - 2.00pm Harrow Council Financial Assessors

## Community Hub

Old Lyonians Sports  
Ground

every Thursday of the month

12PM - 2PM

## Venue Addresses

Old Lyonians Sports Ground,  
74 Pinner View HA1 4QF

Harrow Carers Office  
376-378 Pinner Road  
HA2 6DZ

**NO HUB - 10th of August**

**NO HUB - 24th of August**

## 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.

We will be running a mindfulness session on in August in partnership with Mental health team at Northwick Park Hospital on Wednesday 16th August 3.30pm- 5pm at Harrow Carers Office

**\*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.**

## 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

COMING SOON

**CREATE** ARTS.ORG.UK



## CREATIVE:VOICES

Are you interested in developing your art skills?  
Come and join in Create's workshops!



Led by Create's professional artist, Renata, you will have the chance to learn a variety of visual art techniques such as painting, ceramics, working with textiles, and more. The workshops will be a chance to create your own original artworks, meet other carers and have fun!

**No experience required, everyone's welcome.**

10.30am—1.30pm

Thursdays 14, 21, 28 September, 5, 12, 19 October 2023

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

**Places are limited. For more information contact Roshanthi at Harrow Carers.**

Let's Go!

### **Golders Hill Park**

Thursday 10th August 2023

Departure - 9:30am – Outside of Harrow Carers, North harrow- HA2 6DZ .

Leaving the park at 2pm sharp!

Explore the beautiful landscaped park with a wonderful walled garden, croquet lawn, all weather table tennis, a zoo and much more.

We will be using public transport for this trip (183 Bus). If you choose to drive there are 8 bays available for Blue Badge holders and Jack Straw's car park for paid parking is a 10 minute walk to the park. You can either have lunch at the café or bring your own picnic lunch.

Please email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to reserve your space.



# UPCOMING ACTIVITIES

**COMING SOON**

## FIND YOUR VOICE – SING FOR LIFE



Starting in October, you are invited to join our weekly choir sessions hosted by a professional choirmaster.

## FIND YOUR VOICE

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 their voice! Research has shown that singing in a choir reduces the stress hormone cortisol and boosts the Immunoglobulin A antibody: this evidence suggests that regular musical and singing habits can play a role in maintaining a healthy immune system.

Please email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to express an interest - we can facilitate up to 30 carers so please come join in and have some fun!

### Know Your Numbers Week 4-10 September 2023



Encouraging adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.

<https://www.bloodpressureuk.org/know-your-numbers/>



## Volunteer Community Health Champions



Become a Community Champion and join us in raising awareness of diabetes and hypertension in your local community



- Volunteers gain free access to Yoga, Pilates, Zumba, Qigong, Archery
  - Take part in community campaigns
  - Monthly support meet ups
  - FULL TRAINING PROVIDED
  - IMPROVED WORK PROSPECTS
  - CERTIFICATE OF TRAINING
- For more information email :  
[Colin.Powell@harrowcarers.org](mailto:Colin.Powell@harrowcarers.org)  
[www.harrowcarers.org](http://www.harrowcarers.org)

## Friendship Cafe

For Carers & Cared for

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

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

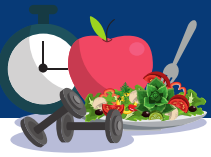
**MORE INFORMATION**  
**Roshanthi Pereira**  
Dementia Team Leader  
Tel: 020 8868 5224  
Email: [roshanthi.pereira@harrowcarers.org](mailto:roshanthi.pereira@harrowcarers.org)

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

### 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.



# YOUR HEALTH

## 5-week Dementia Carers programme.

The programme offers Carers supporting family members and friends with Dementia to:

- Receive information that will help in day to day caring and stress-relieving techniques
- Share experiences and issues and talk with other Carers
- Have a short break whilst family members/friends with Dementia are engaged in a range of stimulating activities

**Our next session will be starting on Tuesday 10th October, 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**



*I have enormously enjoyed doing the Dementia Carers Program. I have learnt more about dementia and how I/We are able to best support my Mum including understanding why some of her behaviour is changing/different as well as how I/We should respond to her evolving needs. I know more about local and national agencies and organisations that my mum and we can access for her. I appreciate my fellow carer learners including their advice and experience. My thanks to Harrow Carers for the opportunity to do this learning and which I recommend for each and every person caring for loved ones with dementia. CARER- D.S*



## Get support and advice

**Admiral Nurse Dementia Helpline  
Call our Helpline for free on**

**0800 888 6678, email**

**[helpline@dementiauk.org](mailto:helpline@dementiauk.org) to speak to a dementia specialist Admiral Nurse**

If you need information, advice and support with any aspect of dementia, please don't hesitate to get in touch – we're here to support you. The specialist dementia nurses on our free, confidential Helpline are here for you when you need help. Whatever you're worried about, they have the time to listen and the knowledge to solve problems.

They can help you understand more about dementia and feel more in control, giving you the tools and the confidence to manage your future with dementia together – one step at a time. However, if you or the person living with dementia is in immediate danger, please call 999 straight away.

Keeping physically and mentally well will help people with dementia to manage their symptoms. A healthy, balanced diet can help with this. However, people with dementia often have problems with eating and drinking.

This factsheet from the Alzheimer's Society looks at different ways that dementia can affect eating and drinking, and the difficulties a person with dementia can have. Throughout it, you'll find tips to support someone with dementia to eat and drink well. This includes day-to-day support that carers and other people can provide.

[Fact Sheet](#)

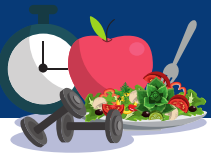
## Hospital Discharge Team



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.

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

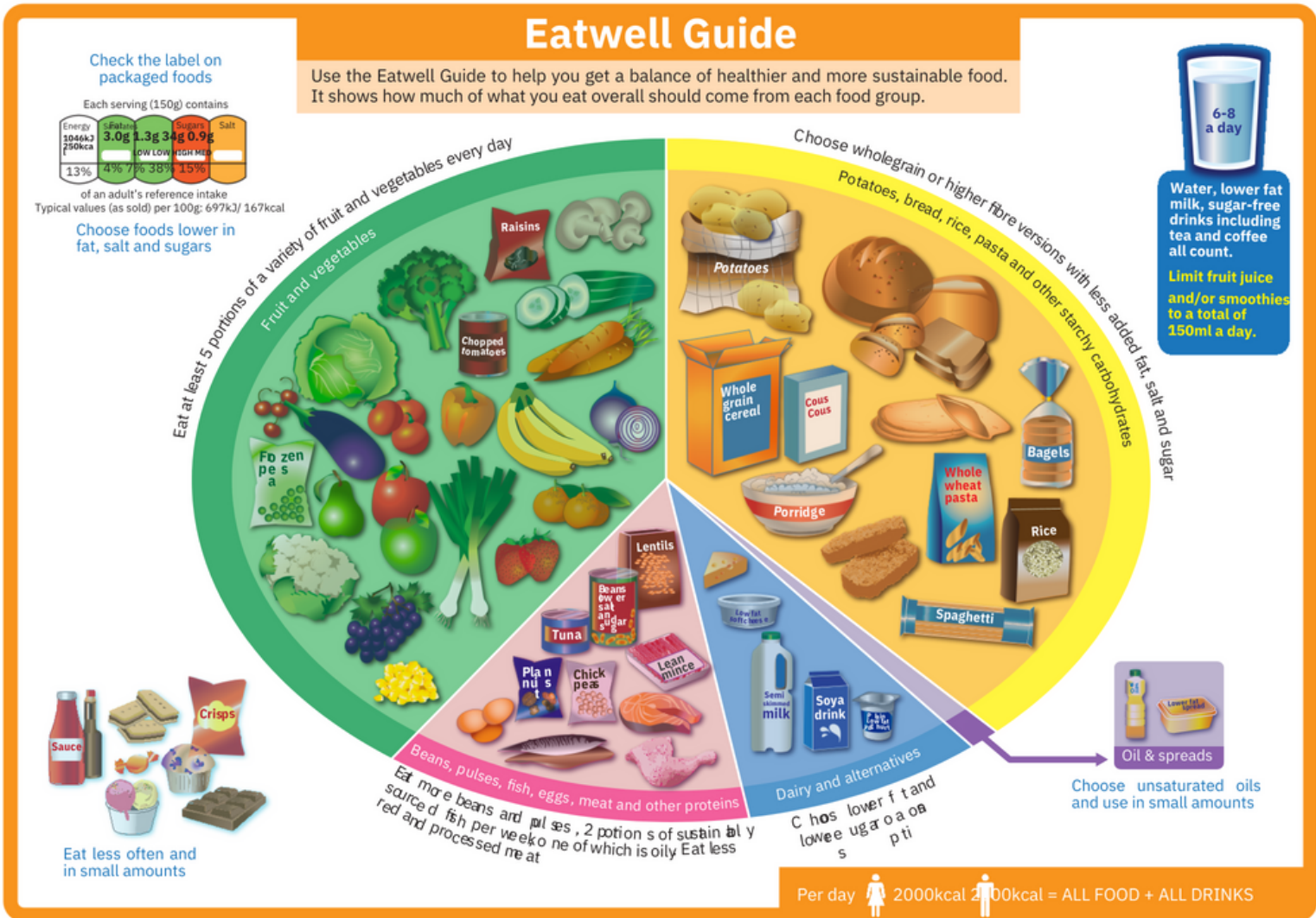
Let your GP know that you are a carer and ask if this could be registered on your medical record. All GP practices will have a carer registration form.



# YOUR HEALTH

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use.

If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you'll lose weight. You should also eat a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

## Stop & Grow Project

Do you enjoy gardening? Then why not join the 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.



# 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 **turn** **2US**

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/>

### Check if you can get Pension Credit

If you are over State Pension age, you may be able to claim Pension Credit, even if you have savings. People who claim Pension Credit may also be able to get:

- additional Cost of Living Payments
- help with heating costs
- free TV licence if over 75

You could be eligible for Pension Credit if your weekly income is below £201.05 or, if you have a partner who lives with you, £306.85. The qualifying income level may be higher in some circumstances. Don't miss out. Find out if you are eligible, visit [www.gov.uk/pension-credit](http://www.gov.uk/pension-credit)



### 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](#)



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





# ADVICE AND BENEFITS

## Attendance Allowance

Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you.

It's paid at 2 different rates and how much you get depends on the level of care that you need because of your disability.

You could get £68.10 or £101.75 a week to help with personal support if you're both:

- physically or mentally disabled
- State Pension age or older

It does not cover mobility needs.

You do not have to have someone caring for you in order to claim.

### What you'll get

Attendance Allowance is paid weekly at 2 different rates - the one you get depends on the level of help you need.

Attendance Allowance is not means-tested - what you earn or how much you have in savings will not affect what you get.

### Attendance Allowance rates

Level of help you need

Lower rate - **£68.10**

Frequent help or constant supervision during the day, or supervision at night

Higher rate - **£101.75**

Help or supervision throughout both day and night, or a medical professional has said you might have 12 months or less to live.

For more information please call us to speak to Radha or Anne on 020 8868 5224 or visit

<https://www.gov.uk/attendance-allowance>



## 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.



# ADVICE AND BENEFITS

## Carers Allowance

You could get **£76.75** a week if you care for someone at least 35 hours a week and they get certain benefits.

You do not have to be related to, or live with, the person you care for. You do not get paid extra if you care for more than one person.

If someone else also cares for the same person as you, only one of you can claim Carer's Allowance.

Carer's Allowance can affect the other benefits that you and the person you care for get. You have to pay tax on it if your income is over the Personal Allowance.

For more information please visit the Gov.UK website:

<https://www.gov.uk/carers-allowance>



## The Carers Assessment

Getting a carer's assessment could be the first step to gaining vital support. It's your chance to discuss the help you need as a carer. The carers' assessment has been designed so that the needs of a carer can be assessed and used to determine the type of support you may need.

Carers Assessments are carried out by the local authority and after the assessment you will be assigned a social worker and together you will decide the support that you need. The social worker may signpost you to voluntary organisations who will be able to offer further advice and support.

In some cases you may be eligible to receive a personal budget / carers grant to provide financial support.

If you would like to request a Carers Assessment please contact Harrow Council with the following contact details:

Telephone: [020 8901 2680](tel:02089012680) or email [AHAdults@harrow.gov.uk](mailto:AHAdults@harrow.gov.uk)

If you are over State Pension age, you may be able to claim Pension Credit, (this benefit is means tested 0800 991234) even if you have savings.

## Safeguarding People

Safeguarding means protecting people's health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect. It's fundamental to high-quality health and social care.

Carers have a range of roles regarding safeguarding – they can be the person who raises the concern, themselves be vulnerable to harm and abuse, or can be abusers themselves. Carers may be involved in situations that require a safeguarding response, including: witnessing or speaking up about abuse or neglect.

For more information:

[Harrow Council Safeguarding Team information leaflet](#) or visit Harrow Council's website: <https://www.harrow.gov.uk/adult-social-care>



# NOTICE BOARD



Harrow Cycle Hub Fun Day On Saturday 29th July 12-3pm Harrow Civic Centre, Station Road, Harrow, HA1 2XY. To reserve your spot, please visit:

[www.eventbrite.co.uk/e/fun-day-tickets-672992256957?aff=ebdssbdestsearch](http://www.eventbrite.co.uk/e/fun-day-tickets-672992256957?aff=ebdssbdestsearch)

Free places to visit in London [www.visitlondon.com/things-to-do/budget-london/free-attractions-in-london](http://www.visitlondon.com/things-to-do/budget-london/free-attractions-in-london)



## Carers Rights Day - Thursday 24th November 2023

Whether you are a new carer or have been caring for someone for a while, it's important that you understand your rights and access the support that is available to you as soon as you need it.

Many people are taking on more caring responsibilities for their relatives and friends. Each year, Carers Rights Day helps us:

- Ensure carers are aware of their rights
- Let carers know where to get help and support
- Raise awareness of the needs of carers.

A review of the borough carers strategy and our AGM will also take place on this day. This will be a great opportunity to meet the Strategic Commissioning Manager, Robert Mackenzie-Wilson and the Social Care team from Harrow Council.

We will be announcing our events for the day in our next edition.

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

## CONVERSATION Cafe

Accessible Information & Advice Services

### Informal Event for Unpaid Carers



Every Tuesday

1pm - 3pm



St. Peter's Church, Colbeck Road  
Harrow, HA1 4BX

An opportunity for Unpaid Carers and the people they support to meet face to face with representatives from Adult Social Care, Voluntary Organisations and Charities

## EVERYONE WELCOME

Making Every Conversation Count



St. Peter's  
Harrow



LONDON BOROUGH OF  
HARROW



# CHARITY UPDATE



## A look back at Carers Week



Carers Week is an annual awareness campaign – recognizing and celebrating the contribution carers make to families and communities throughout the UK. We had a fantastic week of events, including community outreach and information events with activities for carers, staff attending events across Harrow to raise awareness of caring, and not to forget our annual Family Fun Day at Old Lyonians all reaching a number of carers in the community.

We were pleased to work with a number of excellent local organisations and we are truly grateful for their support.

# THANK YOU!

**Mayor of Harrow**  
**Wenzels**  
**Vivid Cafe, North Harrow**  
**Mattys Kitchen**  
**My Yard**  
**Morrisons**

**Co-op**  
**Oddfellow Arms, Pinner**  
**Greggs**  
**Allie Brice, Harrow Council**  
**Harrow School**  
**Harrow Women's Institute**

*Mr John McLean O.B.E, Chair of Carers Trust, thank you to all our staff, trustees, volunteers, our amazing carers & everyone who donated prizes for our raffle.*

Thank you to everyone who donated and supported our Walk for Dementia month - we raised an amazing £641 which will go towards running our Dementia Support groups which helps Carers supporting family members and friends with dementia.



**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!

**DONATE**

To register please contact  
Roshanthi.pereira@harrowcarers.org





## Strength and Balance exercise classes help to improve health and wellbeing

About 17 enthusiastic participants attended and engaged actively in a 6-week Strength and Balance exercise programme run by a trained Postural Stability Instructor. At the initial class, participants were asked to score between 1 (Not good) to 10 (Very good)

### “HOW DO YOU FEEL ABOUT YOUR HEALTH AND WELLBEING”

There was a varied score with 2 people rating - 1/10 and 9-12 people rating 5-8/10 (Fairly good).

### When asked “ HOW IMPORTANT IS IT FOR YOU TO IMPROVE YOUR HEALTH AND WELL BEING”

All participants wanted to improve their health, scoring 10/10 at the end of the programme

The classes were made up of 6 components of the Falls and Management Exercise programme (FAME) and included:

- Warm-up exercises
- Endurance Training
- Upper limb Workout
- Resistance Training using therabands
- Balance exercises
- Stretches

At the last class, a CIRCUIT was introduced using various stations and participants had an opportunity to practice a technique (Backward Chaining) to get up off the floor post a fall.

Talks at the end of sessions included: Osteoporosis, Medication management, Vision and Hearing, Balance and Benefits of Physical activity.

Participants varied between moderate - good physical ability. General feedback from participants was positive with the below quotes:

The general consensus from the participants is willingness to attend future programmes.



*I have attended 3 classes and I feel it is strengthening my legs, arms, and shoulders. I try and do some of the exercises at home. I also feel it has helped my mental health. I would continue to attend these classes. Carer J*

*Strength and balance group classes have motivated me to increase my balance and muscle strength after the fall and have taught me the correct ways to exercise. The talks after the class were very informative. Carer H.V*

*The strength and balance classes have motivated me to be more active. I have learned to stretch my muscles more and learned the importance of staying active. Carer A K*



# CHARITY UPDATE

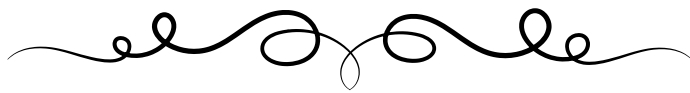


Some of our carers took part in a 6-week creative writing course delivered by CREATE. Our carers were encouraged to reconnect with their creativity and have some fun expressing themselves. Well done to everyone who participated! We are very proud of you and here a just a few pieces of the brilliant work which was created...

This is me

I come from love and being loved,  
I come from caring and being cared for.  
I come from friends who became family,  
I come from my parents, the wonderful people they are.  
I come from my grandparents, the wonderful people they were.  
I come from laughter, music, dancing, sing and all things joyous.  
I come from tears, pain, sadness, despair.  
I come from a beautiful country, Kenya, and Stanmore.  
I come from the air, the earth, water,  
I come from science and nature and chemicals.  
I come from Oxygen, carbon, hydrogen, nitrogen, sulphur.  
I come from the Periodic Table.  
I come from being energy.

Dharmesh Shah



*As unpaid carers our minds can be clouded by the many things on our everyday 'to-do' lists. Creative writing is a fantastic way to reconnect with our imaginations - a chance to escape to a new world and create one completely different to ours.*



Clouding

Mozart lifted my heart into sunset clouds  
Into my throat, where my reflection  
Fell into the sea. I'm drowning.  
I cried, silent in the roar.

Tranquillity spread out beyond me  
Behind me in the warm glow  
I traced the lights, shafts escaping  
Notes rained down like a drum.

Tara Furlong



# CHARITY UPDATE



Our carers Geeta and Khushi were delighted to attend a special Carers Trust reception which was also attended by Her Royal Highness The Princess Royal. The reception was a particularly special occasion as it marked the first opportunity for Carers Trust to bring together key supporters to thank them for donating so generously to support unpaid carers throughout the pandemic. In her own words, our very own Geeta outlines her experience of the evening...

*It was a muggy Thursday afternoon as I got on to the Bakerloo Line going to Charing Cross with my newly acquainted friend, Khushi. Khushi was representing the Young Carers.*

*I was filled with excitement as well as nervousness. It was the first time I was meeting a British Royal, HRH Princess Anne.*

*On arrival we were given our badges along with details of which group we belonged to. Khushi and I were in Group 1. This meant that Princess Anne would come and meet each member of each group one at a time starting with Group 1. Before her arrival we were shown how to greet the Princess. Photography was prohibited.*

*Finally the moment arrived and I was curtsying and shaking hands with the HRH. She looked straight into my eyes and asked who I have been caring for and listened to my reply eagerly. A few moments passed and she said that I was doing an honourable job.*

*Khushi and I were very fortunate to meet another avid supporter of the Carer's Trust, Angela Rippon.*

*HRH took to the podium and spoke very passionately about the work that 'unpaid carers' do and pledged her continued support. It was a very proud moment for me to have been chosen to represent Senior Carers at Harrow Carers.*

*Before leaving I met the Chairman of the Trust, Mr John McLean O.B.E. I couldn't help asking for more funding for Harrow Carers. My reason being, without Harrow Carers I would be in a mental health hospital.*

*God bless you all at Harrow Carers.*

*Geeta Jethwa.*



# SERVICE UPDATES

## YOUNG CARERS



**Young Carers Summer Activities 2023**

**Harrow Young Carers**

Week	Activities
<b>WEEK 1</b>	<b>Juniors</b> SCIENCE WORKSHOP <b>Youth</b> CINEMA DRUGS & ALCOHOL AWARENESS WORKSHOP
<b>WEEK 2</b>	PACAAR SCOUT CAMP LONDON DUNGEON COPING WITH CHALLENGES HOSTED BY BRITISH RED CROSS
<b>WEEK 3</b>	LEGO WORKSHOP BUILDING HEALTHY RELATIONSHIPS WORKSHOP
<b>WEEK 4</b>	PARADISE WILDLIFE PARK LASER PLANET FOOD HYGIENE & FIRE SAFETY WORKSHOP
<b>WEEK 5</b>	TEDDY BEARS SUMMER PICNIC YOUTH SUMMER CHILL DNA-V - BUILDING SKILLS TO THRIVE

To book a place for your child/children, please email: [youngcarers@harrowcarers.org](mailto:youngcarers@harrowcarers.org) with your child's name, date of birth, activities requested & your name & phone number. You will receive confirmation via email.

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!

## YOUNG ADULT CARERS

Congratulations to our wonderful 7 Young Adults Carers who have now been qualified eyelash technicians after completing the two-day course.

During the course, the Young Adult Carers learned new skills such as two types of volume practices on sponges and mannequins and hybrid practices on both sponges and mannequins.





# SERVICE UPDATES

## Happy 102nd Birthday to Beatrice!

Happy Birthday to our beautiful Beatrice who turned 102 last month. The special day was celebrated with a lovely afternoon tea, together with her best friend and our care workers. What an incredible milestone!

From a very young age, Beatrice inherited many of the artistic qualities from her parents, Ada and Percy Cooper. She showed great interest in the arts and learned to play the piano from an early age. Her father collected all the great singers and composers on the family's wind-up gramophone. She studied speech and drama and then went on to win numerous awards in singing, poetry and drama. Shortly before the war, Beatrice made a recording of Schubert's "Cradle Song" at Selfridges' record department on Oxford Street.

Whilst at Hendon County School, Beatrice performed in several school drama productions and notably sang Katisha's role in Gilbert and Sullivan's "Mikado", which was given full coverage at the time in the Hendon Times.

In the Fifties, Beatrice took singing lessons with the famous mezzo-soprano, Dame Lilian Stiles-Allen, who became a close friend. She later performed in the American musical "Bye-bye Birdie", starring Chita Rivera and Marty Wilde at Her Majesty's Theatre, and around that time took part in Vic Oliver's "Variety Playhouse" BBC Radio Show, singing George Gershwin's "Summertime".

She also volunteered to sing a programme of songs at Wormwood Scrubs prison for the inmates and always spoke of how welcoming they and the staff made her feel. Until very recently she would take every opportunity to go to the opera, concerts, the theatre, art galleries and talks.

We would like to thank her son, Laurence for sharing and giving us a snippet of Beatrice's life so far. So, we wish her many more years to come What an incredible woman!



### Are you thinking about home CARE?

**Our Home Care service provides professional, friendly, person-centered support and care in your own home. Contact us today for more information and to book your free, no-obligation telephone consultation**

<https://harrowcarers-homecare.org> 03300 882224 / [homecare@harrowcaeres.org](mailto:homecare@harrowcaeres.org)



## 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. For full details of the process, please give us a call

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>

### Leave a gift in your will

By choosing to make a gift in your will to Harrow Carers 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.



### Time for a Riddle

1. What has a head and a tail but no body?
2. What begins with T, ends with T, and has T in it?
3. I have branches yet I have no leaves, no trunk and no fruit. What am I?
4. What runs, but never walks. Murmurs, but never talks. Has a bed, but never sleeps. And has a mouth, but never eats?

### 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](mailto:admin@harrowcarers.org) or 020 8868 5224

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

Answers 1. A coin 2. A Teapot 3. Bank 4. River

## 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](mailto: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**