

HARROW CARERS NEWS

AUTUMN 2025 EDITION



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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



@carer.harrow

Message from Colin Powell CEO of Harrow Carers

Supporting Male Carers: Mental Health Matters

At Harrow Carers, we understand that male carers often face unique challenges when it comes to mental health. Societal expectations and cultural norms around masculinity can make it harder for men to express vulnerability, seek help, or even acknowledge the emotional toll of caring. Yet behind closed doors, many are quietly navigating stress, isolation, and burnout.

Our services are designed to break free from this silence. From counselling and peer support to social outings and wellbeing activities, we offer safe spaces where male carers can connect, reflect, and recharge.

One such voice is our CEO, Colin Powell, who has openly shared his own experience of caring for family members. Colin has provided emotional support and practical help to loved ones while managing the demands of leadership. He's spoken candidly about the strain of juggling a multitude of responsibilities, the emotional weight of caregiving, and the importance of finding balance.

Colin's story is not unique. During a male carers' pub outing, several men shared deeply emotional accounts of their caring roles. The space allowed them to speak freely, connect with others, and feel seen, heard and valued. "Some of the stories were incredibly moving," Colin noted. "It reminded me how vital it is to create environments where men feel safe to open up."



Colin encourages all male carers to take advantage of our support services, including:

- Free counselling sessions tailored to carers' needs
- Peer-led support groups and social events. See our upcoming international men's day outing.. page 7
- Respite care options and wellbeing activities such as Qigong, Yoga, Pilates, Zumba, Archery.

☎ To book a counselling session or learn more and for a free assessment please contact:

Disha Patel, Psychological Wellbeing Practitioner and experienced counsellor

Phone: 0208 868 5224

Email:

Disha.Patel@harrowcarers.org

"There were times," Colin reflects, "when I felt completely overwhelmed by the sheer impact of caring. It all took a toll on my mental health. Accessing counselling, opening up to a trusted friend, changing diet, exercising, creating space for myself all helped me regain clarity and strength."

Let's continue to support male carers in finding strength through connection, compassion, and care.

SUPPORT FOR HARROW CARERS



We are bowled over to announce that Mark Ramprakash MBE, former England cricketer and Director of Cricket at Harrow School, has joined Harrow Carers as a valued supporter. Mark's endorsement will help us amplify our message and champion the vital role of unpaid carers across Harrow. Mark's involvement with digital campaigns reflects his commitment to making a positive difference in the lives of those who care for others.

"I'm proud to support Harrow Carers and the incredible work they do for unpaid carers in our community. Carers often go unrecognised, yet their dedication makes a huge difference to the lives of those they care for. By raising awareness and offering support, Harrow Carers helps ensure carers are not alone in their journey. I'm delighted to play a part in championing this vital cause."

— Mark Ramprakash MBE

Heartfelt Thanks for Diwali Contributions

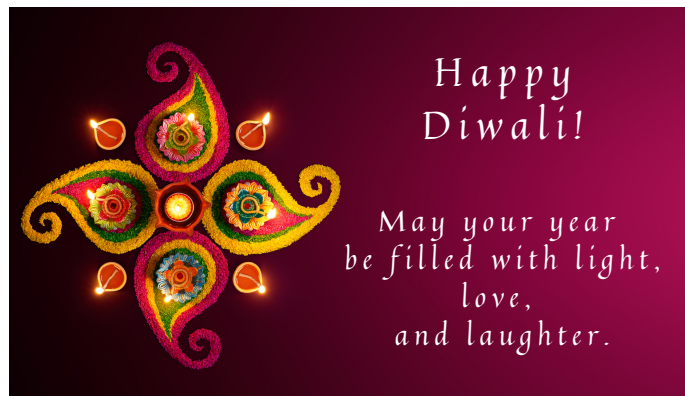
We sincerely thank Shree Swaminarayan Mandir Kingsbury and Shree Jalaram Mandir-Greenford for their generous support of our Diwali celebration lunch and sweets.

Special Thanks to:

- Dhol Players: Vinay and Mylan
- Nina Darmeci from Ninaschoreography
- Kanchan Vohora and her wonderful team of Mehndi artists, Anjalee, Jessica and Whitney
- Rajive Sharma, Hindu Priest
- Amitu, Anuja, Bhavna, Gurbax, Jyotsna, Paulami and Vimmi for donating the delicious Gulab Jamuns and Jalebi

Not to forget all our incredible volunteers who assisted with parking, decorations, cleaning, setup, and much more.

A big thank you also goes out to Pragna, Sadhna, Chandra, Sapna, Prema, Neeta and Bhakti, who have all contributed to biscuits, samosas, raffle prize, candles and mehndi.



These kind gestures not only enhances our Diwali festivities but also strengthens the bonds within our community. Their contributions truly embody the spirit of generosity and unity that Diwali represents.

WEEKLY ACTIVITIES



Please note
date/timings change
over the Christmas
holidays

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 Last session 15/12/2025 Re-opens: 02/02/2026	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Qigong - 11:45AM - 1:15PM Last session 15/12/2025 Re-opens: 02/02/2026	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) Last Session 16/12/2025	Zoom/Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
Wednesday	Zumba - 10:15AM - 11:15AM Last session: 17/12/2025 Re-opens: 04/02/2026	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Pilates - 11:30AM - 12:15PM Last session: 17/12/2025 Re-opens: 04/02/2026	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Friendship Cafe - 1:30PM - 3:30PM (every 1st Wednesday of the month) Last session: 03/12/2025	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Sewing Club - 2:00PM - 4:00PM (held every other Wednesday of the month) Last session 10/12/2025	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
Thursday	Community Hub - 12:00PM - 2:30PM Every Thursday Last session: 18/12/2025 Re-opens: 09/01/2026	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 Last session: 12/12/2025	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



STORIES OF HARROW - HARROW GIVING

Harrow Giving

Stories of Harrow Workshop coming soon –
Share Your Journey (for unpaid carers)

Share your stories of being a carer and contribute to a special recipe book celebrating culture and care.

✨ Bring photos, keepsakes, or family recipes with a story

✨ No recordings without permission – just a safe, supportive space

📞 Get Involved: If you'd like to share your story or learn more, please contact Komal at Komal.Malhotra@harrowcarers.org.

Together, let's celebrate and preserve the invaluable contributions of unpaid carers in our community.

DONATE

As a charity reliant on donations and grants, we welcome support through donations, volunteering, or bequests. Every contribution matters—thank you!



Make a difference today

DONATE ❤️

UPCOMING ACTIVITIES

Activities at the Community Warm Hub

Unpaid Carers and the Cared for will be able to get together, have a cuppa, use the free wi-fi, take part in wellbeing activities, and connect with others.

Our aim is to minimise the impact of the cost-of-living crisis on our Unpaid Carers and Cared for's health and wellbeing so that they are able to continue caring with the support of Harrow Carers and their peers.

November 2025

Thurs 6th Nov 2025 - Bonfire Night

Thurs 13th Nov 2025 - Remembrance Day

Thurs 20th Nov 2025 - Carers Rights Day

Thurs 27th Nov 2025 - Thanksgiving

December 2025

Thurs 4th Dec 2025 - Knit & Natter/Tackling the cold weather

Thurs 11th Dec 2025 - Christmas wreath making

Thurs 18th Dec 2025 - Christmas Party



🌿 Carers Rights Day 2025 🌿

Celebrating and Supporting Our Carers

Join us as we come together to recognise, celebrate, and support all those who care for loved ones within our community. Carers Rights Day is a special opportunity to say thank you to carers and to share information about the help and support available.

💙 Event Schedule

Tuesday 18 November ⌚ 4:00pm – 5:00pm

📍 *Therapy Room, Northwick Park Mental Health Centre*
Ward Carers Group

A welcoming session for carers connected with our wards to share experiences, connect, and celebrate together.

Wednesday 19 November ⌚ 2:00pm – 3:30pm

📍 *Northwick Park Hub, Main Hospital*
Carers Celebration & Information Hub

Drop in to meet our community teams, enjoy refreshments, and find out about carers' rights and local support services.

Wednesday 19 November ⌚ 4:00pm – 5:00pm

📍 *Clinic Meeting Room, Bentley House Community Mental Health Team*
Carers Group Session

An opportunity for carers to connect, learn about their rights, and take part in wellbeing activities.

Thursday 20 November ⌚ 4:00pm – 5:00pm

📍 *Therapy Room, Northwick Park Mental Health Centre*
Carers Wellbeing Hour

Join us for an informal session of reflection, relaxation, and appreciation



Carers Rights Day is on
Thursday 20th November 2025
at Old Lyonians, 74 Pinner View,
Harrow HA1 4QF
TIME: 11am-3pm

Carers Rights Day is a national campaign that brings organisations together to help unpaid carers know their rights and find out how to get the support they are entitled to.

Our focus this year is on your right to good emotional wellbeing. We will have lots of fabulous stalls with great ideas on how to cope with life's curveballs. There will be an emotional intelligence workshop, carers' wellbeing rescue box, emotional toolkit and a free session of gong sound therapy. Look forward to seeing you there!

To book your place, email wellbeing@harrowcarers.org.

UPCOMING ACTIVITIES

International Men's Day Golf Trip!

- **Calling all male carers!**
Join us for a fun day of golf and relaxation
- **Open to all male carers**
registered with Harrow Carers



Please meet at the venue

Closest tube station:

Northwick Park Station (Metropolitan Line)

Bus Links: 186, 186, 223, H9, H10, 182 and 483

Please note there will be a small contribution charge of £5

Date: 19th November 2025

Time: 10:45am-12pm

Venue: Playgolf, Northwick Park
280 Watford Road, Harrow HA1 3TZ

To book your place for this session please email:

Wellbeing@harrowcarers.org

or call 020 8868 5224



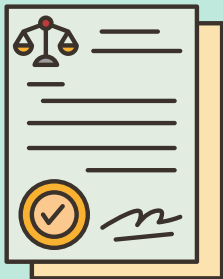
SAVE THE DATE

Carers Christmas Party

Thursday 18th December 2025

at Old Lyonians, 74 Pinner View, Harrow HA1 4QF

More details to follow!



Legal & Finance Information Session Tuesday 2nd December 2025 from 11am-1pm at Old Lyonians, 74 Pinner View HA1 4QF

Legal Talk will cover:

- Lasting power of attorney for Health and welfare
- Lasting power of attorney for Property & Finance
- Wills

Finance Talk will cover:

- Long term financial planning

To book your place, email wellbeing@harrowcarers.org
or call 0208 868 5224



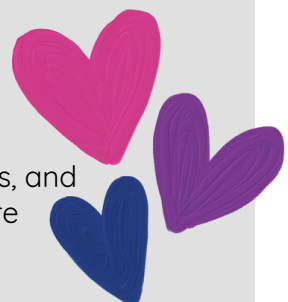
Grief and Loss Workshops

These sessions will be running on the following Thursdays from 2:30-4pm in the Main Hall at the Harrow Carers Office:

6th November and 27th November 2025

These drop-in sessions provide a safe space for carers to share their thoughts, feelings, and emotions openly. While each session may focus on a specific topic, participants are encouraged to discuss anything related to Grief and Loss.

To register your interest, please email disha.patel@harrowcarers.org or call the office on 020 8868 5224.



YOUNG CARERS

Our summer of 2025 was one of the most exciting yet for **Harrow Young Carers**, with a full and exciting programme of activities for Juniors, Youth, and Young Adult Carers (YACs) carried out. From thrilling adventures to creative sessions and unique opportunities, our young carers had the chance to relax, make friends, and experience new things outside of their caring responsibilities.

Junior Young Carers (ages 5-11) enjoyed a brilliant mix of outings, including bouncing high at Flipout Trampoline Park, exploring wildlife at the HYC Safari Zoo, and getting creative outdoors at Forest School. Other highlights included magical fun at Hobbledown Heath and competitive team spirit at Lost Jungle Mini Golf.



Our Youth Young Carers (ages 11-15) had an action-packed summer filled with excitement. From laser tag and go-karting to a big day out at Thorpe Park, there was something for everyone.

They also tested their skills at Lost Jungle Mini Golf and ended the season with an adventurous climb through the trees at Go Ape.



For our Young Adult Carers (ages 16-25), the focus was on connection, creativity, and independence. Their summer included a fun Sip & Paint session with mocktails and pizza, an energetic day at TOCA Social, and a relaxing Brighton Beach trip.

They also took part in bracelet and resin making, as well as adventurous paddleboarding and kayaking sessions.



FOLLOW US

@harrow.youngcarers

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.

OUR YOUNG CARERS

One of the major highlights of the summer was our annual Young Carers Festival residential trip, which brought young carers together from across Harrow for a weekend of connection, celebration, and fun. The festival gave them a rare opportunity to step away from their caring roles, build friendships, and create lasting memories.



We were also proud to run our Work Experience Week, including an incredible placement with Heinz at The Shard.

Young carers gained hands-on skills, explored professional environments, and were inspired about their future career paths.

To support younger carers through key educational changes, we hosted two dedicated Transition Workshops for those moving up to secondary school. These sessions focused on building confidence, easing anxieties, and giving practical tips and support to help them settle into their new schools successfully.

As we head into the autumn term, we carry forward the spirit of connection, growth, and joy that defined this summer, whilst continuing with our after-school clubs and in school support!

And with our trips...we hope to see you all soon!



Young carers in Harrow, under 18, assist family members or friends with health challenges or disabilities. Harrow Carers provides personalised support, including school drop-ins, one-to-one guidance, monthly outings, and holiday activities. These services aim to offer respite, build resilience, and connect young carers with peers.

Since 1996, Harrow Carers has been supporting and empowering young carers in their responsibilities and personal development.

If you'd like to support young carers in Harrow, consider donating. Your contribution helps provide vital services, activities, and opportunities for children and young people who care for loved ones — giving them the chance to thrive, connect, and enjoy their childhood. ❤️

please

DONATE ❤️

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.



FOLLOW US

@harrow.youngcarers

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. 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.



Winter Fuel Payment - Brief Overview

If you were born before 22 September 1959 you could get between £100 and £300 to help you pay your heating bills for winter 2025 to 2026. This is known as a 'Winter Fuel Payment'.

Most people get the Winter Fuel Payment automatically if [they're eligible](#).

[Winter Fuel Payment: Eligibility - GOV.UK](#)

If you're eligible, you'll get a letter in October or November saying [how much you'll get](#). Most eligible people will be paid in November or December 2025



Seasonal Health Intervention Network (SHINE)

The London Borough of Harrow has teamed up with SHINE, the Seasonal Health Intervention Network. SHINE is a fuel poverty referral network and free energy advice service.

They provide a dedicated helpline and interventions to help reduce utility bills, tackle energy debt, and stay well and warm.

Free support from SHINE is available if you are living in Harrow and one of the following apply:

- Over 60
- On a low income
- Have a disability or long-term illness
- Have children

You can get a free assessment and access a range of services by calling 0300 555 0195 or visit shine-london.org.uk

Be cautious of scam messages impersonating the DWP, especially those related to benefits like the Winter Fuel Allowance and Attendance Allowance, as they often aim to steal personal information.

Understanding the Scam

Scammers frequently impersonate the Department for Work and Pensions (DWP) by sending fraudulent text messages that appear to be official notices. These messages often claim that the recipient needs to complete an application for benefits, such as the Winter Fuel Allowance, to receive payments.

They typically include urgent deadlines and links to click, which can lead to phishing websites designed to steal personal and financial information. The DWP will never ask you to send bank details, passwords, or security codes via text. If you receive a message asking for these, it is fraudulent.



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!



BEFRIENDING SERVICE

Cream Tea Celebration

**Befriending
Week**

1-7
November

Befriending Week (1-7 November) is a national campaign to raise awareness of the positive impact of befriending on isolated people. It is a time for reflection on the achievements over the previous year.

We celebrated the event with a reunion for our volunteers and carers at Heath House, in the glorious Pinner Memorial Park.

Our befrienders' party went off with a bang this month as volunteers and carers enjoyed a reunion at Heath House, in the glorious Pinner Memorial Park.

Cream tea and cakes were served as people mingled and re-connected with each other. For many carers it was a rare opportunity to have an excursion, enhanced by the meeting with volunteers they hadn't seen for months.

The theme of the event was a catch-up. One carer, couldn't believe his eyes when his volunteer came into the room. He hadn't seen him for a while. It was like meeting an old friend. The carer had lots of news to impart - his wife, who suffered from dementia, had been moved to a care home. Over 10 weeks of befriending the two had learnt a lot from one another. The carer was initiated into the rules of cricket and the volunteer football. 'It was also great to have someone to talk to about politics. I was missing that since my wife fell ill,' said the carer.



New volunteers exchanged notes with more experienced ones at the party.

Methods of overcoming challenges and staying within boundaries were imparted over cups of tea. 'Befriending is incredibly fulfilling for us. We learn so much from the carers. They are amazing people, having lived rich and interesting lives', said one volunteer.

Attendees discussed useful ways to carry on the support after ten weeks, for example, through peer support groups or telephone befriending.



Since its inception, some 275 elderly and isolated unpaid carers have been approached by the charity's befriending service, and 125 clients of them have completed befriending. Each of them has found the experience rewarding.

Befriending is where volunteers visit elderly, isolated people caring after their frail or ill loved ones, friends or neighbours. The visits take place for 10 weeks.

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, Befriending Co-ordinator at kalpana.mehta@harrowcarers.org

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

DEMENTIA SUPPORT

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!

Dates: Monday 10th Nov 2025

Monday 8th Dec 2025

Monday 12th Jan 2026

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



For our Dementia carers and their cared for,
please join us on **Tuesday 18th November 2025**
for an hour of singing and dancing with the
Zimmerettes from **1pm-2pm** at Old Lyonians, 74
Pinner View HA1 4QF **Please arrive 10 mins early!**



NEW

Dementia Programme for 2026

6-week programme for
Carers only in person

**Tuesday 20th January - Tuesday
24th February 2026**

Harrow Carers Office
376-378 Pinner Road HA2 6DZ
Email

Roshanthi.Pereira@harrowcarers.org
for more details and to book

ONLINE

Online Dementia Programme

6-week programme

Monday 26th January - Monday 2nd
March 2026

7pm-9pm on Microsoft Teams
Email

Roshanthi.Pereira@harrowcarers.org
for more details and to book



**Coming up - Choir for Dementia carers
and loved ones**
Further details to follow!



DEMENTIA SUPPORT

Dementia Support Programme



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.



Home Visits



If you would like a home visit to chat with a dementia advisor, please contact us.

The dementia advisor can provide tailored information and advice to dementia carers and identify/signpost to additional support networks.

Please contact - Dementia Advisor
Kerstin Williams (Tuesday & Wednesday)
Kerstin.Williams@harrowcarers.org
07495323919

Week 1 - Monthly Friendship Cafe for Dementia Carers & Cared for at 74 Pinner View HA1 4QF
Sessions run 1st Wednesday of the month
Time: 1:30pm-3pm
Dates: 5th Nov and 3rd Dec 2025

Week 2 - Monthly Care Home Support group for carers at 376-378 Pinner Road HA2 6DZ
Sessions run 2nd Monday of the month
Time: 10:30am-12noon
Dates: 10th Nov, 8th Dec 2025 & 12th Jan 2026

Week 3 - Monthly Dementia Information Hub for carers at Northwick Park Hospital
Sessions run 3rd Wednesday of the month
Time: 2pm-4pm
Email Roshanthi.pereira@harrowcarers.org

Week 4 - Monthly Friendship Cafe for Dementia Carers & Cared for at Stanmore Chapel, Corner of Marsh Lane/Nelson Road HA7 4HP
Sessions run 4th Wednesday of the month
Time: 1pm-3pm
Dates: 26th Nov 2025 & 28th Jan 2026

Carer Feedback

The practical tips on coping with everyday life whether through better communication - less is more, need to know - and how to cope with our own frustrations was so good.

Making plans for the future has certainly pushed me into a much better place to ask for help and not feel I should cope on my own. The two outside speakers were absolutely excellent and added to the course content.

You have made me feel more able to be 'selfish' in what I am still able to do, and thus keep positive and properly cheerful and loving to Gordon which I know is the best way to help him with his condition.

My deeper attitude to this period of my life has changed for the better!



Next Programme in January 2026

Contact Roshanthi, Dementia Team Lead

Roshanthi.pereira@harrowcarers.org or 020 8868 5224

LOOKING AFTER YOURSELF

Protecting Carers: Free Flu Vaccinations This Winter

Carers in North West London are encouraged to get the seasonal flu vaccine to safeguard themselves and those they care for, as flu can be serious for vulnerable individuals. Falling ill can disrupt care routines, making vaccination essential for maintaining care continuity.



Eligibility for a free flu jab includes:

- Receiving Carers Allowance
- Being the main carer for an at-risk elderly or disabled person
- Living with someone immunocompromised
- Working in front-line health or social care without employer-led health access

Vaccination locations include:

- GP surgeries
- Participating community pharmacies
- Outreach clinics coordinated by NHS North West London ICB

NHS App

Download the NHS App or log in through the NHS website to access NHS services online.

<https://www.nhsapp.service.nhs.uk/login>



Efforts are being made to improve access for carers facing barriers, such as lack of ID or transport issues.

When to go

- **From 1st September 2025:** Pregnant women and also children aged 2-3 years
- **From 1st October 2025:** Carers, adults aged 65+, and those in clinical risk groups

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 for a free assessment

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](#)



Community Crime-Fighting: Harrow

Join your local policing team and the Met Police senior leadership to hear about crime-fighting in Harrow.

**Monday, 3rd November 2025 from
6:30 - 9pm. Doors open at 6pm**

Tithe Farm Sports & Social Club 151 Rayners Lane Harrow HA2 0XH

Click here to book on Eventbrite <https://www.eventbrite.co.uk/e/community-crime-fighting-harrow-tickets-1684438172919?aff=oddttdtcreator>



In this edition, we cast away Colin Powell, CEO at Harrow Carers to a mythical desert island—armed only with eight cherished tracks, a treasured book, and one luxury item. Through music and memories, we uncover the stories, inspirations, and reflections that shape his journey. From childhood favourites to songs of resilience, each choice reveals a little more about the person behind the playlist.

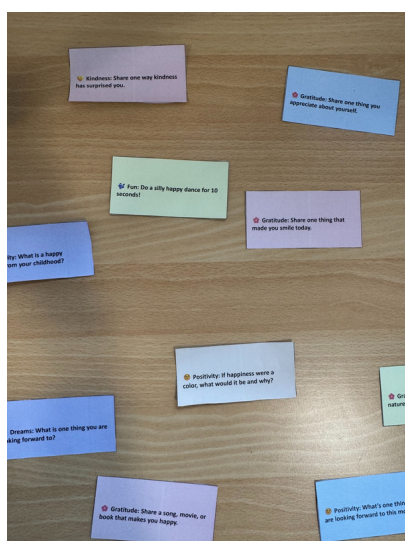
1. **What's the first song you'd take to your desert island, and why does it mean so much to you?** **Harvest Moon by Neil Young.** A dreamy song which would remind me of my wife and wanting to let her know I love and miss her and cannot wait to be reunited upon rescue. [Neil Young - Harvest Moon | Lyrics](#)
2. **Which book would you want with you, and what makes it special?** I would take **The Prophet, by Khalil Gibran**, to remind me of the lessons of life. [Kahlil Gibran's The Prophet](#)
3. **You're allowed one luxury item**—what would it be and how would it help you survive? Well, there are many but I think it would need to be a great pair of boots. Keeping your feet in tip top condition would be essential for survival. Sharp underwater rocks can seriously damage your feet as can challenging terrain.
4. **If you could bring one memory with you to the island, what would it be?** Swimming and diving with my daughter when she was a child at Monkey-Mia, Ningaloo Reef & Coral Bay Western Australia. Her sheer excitement and expressions of seeing, pointing out and prodding me when beautiful coloured fish swam by. [Coral Bay - Destination - Tourism Western Australia](#)
5. **Which song always lifts your spirits, no matter what?** **Golden Time of Day by Maze**, a relaxing song that actually calms and motivates me. [Maze featuring Frankie Beverly ~ Golden Time Of Day "1978" R&B](#)
6. **Is there a track that reminds you of your childhood or family?** Tell us the story. **Didjital Vibrations by Jamiroquai.** This song reminds me of Australia and growing up as a young child. Makes me think about the smell of eucalyptus trees in the days heat and koalas in trees and lazy Kangaroos basking in the sun, I had a pet Kangaroo. [Jamiroquai - Didjital Vibrations \(Audio\)](#)
7. **What's your go-to song when you need motivation or strength?** **Happy feelings by Maze.** It's a song about spreading the message of happiness and love. [\(143\) Happy Feelin's \(Remastered 2004\) - YouTube](#)
8. **If you could invite one person to join you on the island for a day, who would it be and why?** **Captain Ernest Shackleton**, the famous Endurance Expedition 1914-1917. He showed leadership in support and survival of his fellow explorers. I think he would be an ideal survival companion for the day who would provide motivation to survive. [Ernest Shackleton - Wikipedia](#)
9. **What's the most meaningful piece of advice you've ever received—and which song reflects it best?** **Work hard, do your best.** Received from a great mentor whilst living and working in New York as a young man. His image and words stay in my mind, a seasoned New Yorker who introduced me to many amazing people and stories. Song, Dinah Washington, Manhattan. The song reminds me of the city and places, the smells, the sights and New York passion of a by gone era. [DINAH WASHINGTON ~ Manhattan ~](#)
10. **Finally, if you were rescued tomorrow, what would be the first song you'd play to celebrate?** **My Ship is Coming in by Walter Jackson.** An amazing track by a gifted singer. The key themes of the song are, hope after hardship, faith in the future, emotional endurance and reward for patience and persistence. I would be reunited with my beautiful wife. [Walter Jackson - My Ship Is Comin' In](#)





A big thank you to Create for facilitating printmaking sessions for our carers. Their expertise and passion for the arts have provided a wonderful opportunity for our carers to explore their creativity and unwind from their demanding roles.

The sessions were not only engaging but also offered a much-needed respite, fostering a sense of community and support. We are incredibly grateful for their partnership and dedication to making a positive impact in our carers' lives.



At Harrow Carers, we celebrated World Mental Health Day with our first event led by the new Engagement Officer. The event featured a presentation from Samaritans on the importance of reaching out for mental health support, along with information on Harrow Carers' services like Befriending and Counselling.

Participants engaged in wellbeing activities such as mindful colouring, word searches, leaving kind notes, positivity tasks, and receiving free massages. The day highlighted the importance of self-care for carers and fostered a supportive community for seeking help.



BLACK HISTORY MONTH

Celebrating Monica Burton B.E.M - aged 90

"I was only 18 when I left Jamaica to come to the UK in 1953. I left behind eight brothers and sisters. I wanted to be a nurse. To do the course you had to be perfectly healthy. The training was great fun. I had a really happy time with the rest of the trainees. They were all young girls from everywhere Hong Kong, Irish, West Indian And one English girl. But it wasn't party party time. I had a strict Catholic upbringing. I would be picked up from parties at 6pm!

When I first arrived I found it strange that the houses were joined together, no-one had room to run about and the food was horrible. The only rice you could get was from Harrods, potatoes from Ireland, dried fish from China. I lived in the hospital while I trained for three years and three months. It was a sandwich course - combination of academic and hospital training. I kept in touch with people I trained with for a long time. Three of us shared a flat. One was a girl from Germany, Marion. I went to visit her in Germany. She got married (I was a bridesmaid) and moved to Yorkshire. We sadly lost contact after that. Then there was another English girl. They used to call me Baby as I was the youngest. They really looked after me. I first trained as a radiotherapy nurse at the pioneering Mount Vernon Hospital. I worked under the passionate Dr Paul Strickland, He was lovely. We were all young and learning, enjoying it.

At 22 I got married. I met my husband, Ken, through my brother, who lived in his house and was his friend. He was an office worker. He was good at figures. Once my daughter, Sharon, was born, I worked part-time at Eastham Memorial Hospital, while my mother in law looked after her. I changed my specialty to geriatric care. But once Margaret Thatcher introduced her NHS changes and managers, I gave up nursing. I took up an office job and combined it with weekend training in Psycho and Hypnotherapy. I had lots of clients.



Monica's first yoga class

I saw yoga on television. It piqued my interest. I started and never stopped. I completed my remedial yoga teacher training with the British Wheel of Yoga in England and Scotland in 1982. I worked with patients in hospitals. At the time we used to do it on a blanket, not a Gucci mat like nowadays. I was given a British Empire Medal because I opened several yoga centres in Brent for people with Special Needs. I conducted research and wrote a module on Yoga and the Community and for people in Hospital. It took four years to get the medal, as all avenues of research had to be checked and double-checked. Everything had to be verified, and every person had to be contacted.

Throughout my yoga journey, I have trained hundreds of teachers from Berlin, Greece and even Kenya. I still teach yoga at Orley Farm School one night a week. I have 12 students who have been with me for years - some 20/30 years. My knees don't work so I supervise and check positions. I may have to end it soon as I can't leave Ken alone now at all. While chatting to my befriending volunteer I discovered I trained her yoga teacher!"



Monica's Top tips

- Worry doesn't solve anything
- Accept that you can't change anything
- Yoga isn't just an exercise. It's about breathing, relaxation and peace of mind
- Monica's philosophy - She hasn't had an MOT for three years. She doesn't take any regular medication. And here she is.



Receiving her BEM for her lifetime services to Yoga presented by Lord Lieutenant Sir Kenneth Olisa OBE in Nov 2023



Monica outside Buckingham Palace for the garden party

Sport and Recreation Award winner 2024 for her life services for yoga presented by Prince Edward





NOTICE BOARD



**Harrow
Parent
Carer
Forum**

Our strength is our shared experience

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

A special discount code for our carers: The code for 20% off is - **fire20**. The address of the store is Uxbridge Rd, Harrow HA3 6SW | Parkfield Youth FC (Next to Bannister Sport roundabout)



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.carersupport@nhs.net or ask reception.

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**POP UP
SHOP OPEN:
OCT 16 - NOV 8**

DEC 26 - 31

**PARKFIELD YOUTH FC
PINNER HARROW
HA3 6PU**

BANNISTER SPORTS
GROUND ROUNDABOUT

**NEW
YEAR'S
EVE
Diwali
BONFIRE
NIGHT**



NOTICE BOARD

NEW

NEW COUNSELLING SERVICE FOR NON-CARERS

Harrow Carers is branching its
Counselling service to support non-
carers.

We are offering 10 paid sessions - £30
each.

The sessions will be in person at our
office on Pinner Road.

If you are interested or for further
information and for a free assessment,
please contact

disha.patel@harrowcarers.org or call
0208 044 5969.



**MACMILLAN
CANCER SUPPORT**

**citizens
advice**

How to access a Macmillan Financial 'Health
Check' if you are affected by Cancer:
Brent, Ealing and Harrow residents can call : 0203
011 0339 9.30am - 4.30pm (closed for lunch
between 12.30 - 1.30pm). Excluding public holidays.
Alternatively, you can fill in a web form:
<https://www.citizensadviceharrow.org.uk/macmillanbenefits-advice-service/>

You can find out more from either your health or
social care professional or at your hospital
information centre.

Introducing 'WALK IN WEDNESDAYS' - Northwick
Park Macmillan Cancer Info Centre 9.30am - 4pm.
No appointment needed. We also offer telephone
and Face to Face advice appointments at The
Macmillan Information & Support Centre at
Northwick Park Hospital/ Central Middlesex
Hospital and Ealing hospital.

**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



Scan the QR Code to find out more

harrow.gov.uk/conversationcafe

020 8901 2680 (option 4) conversation.cafe@harrow.gov.uk



FREE

HEALTH CHECK

**Available every month
on selected Saturdays**



Harrow Carers Office

376-378 Pinner Rd, North Harrow, HA2 6DZ

Call to book or email

T: 07579096292

E: admin@harrowcarers.org

SERVICE UPDATES

Harlow Carers Our Impact Statement

During the fiscal year 24/25, Harlow Carers supported thousands of carers, and community members across Harlow. I am so proud of the entire Harlow Carers team for their continued caring efforts and professionalism in the support of Unpaid Carers.

The below figures provide a snapshot of our community impact.

Adult Services

- 706 new registrations (25% online)
- 186 hospital referrals received
- 4,429 unique adults accessed services
- 6,211 wellbeing activity attendances – 95% satisfaction
- 932 counselling sessions for 192 carers – 85% felt better able to cope
- 89 carers joined grief & self-care workshops – 95% approval
- 198 dementia carers supported – 98% approval
- 13,652 info & advice contacts

Young Carers

- 801 young carers currently registered to receive support
- 670 supported
- 1,035 activity attendances
- 90 young carer assessments offered - 70 carried out
- 55 young carers engaged in our DNAV psychological resilience support programme

Community Partnership and Health

- 462 Diabetes and hypertension health checks along with advice to maintain and improve personal health carried out in conjunction with CLCH. 32 community champions were recruited to assist deliver this programme and educate community members about the risks posed from excessive-poor diet, lack of exercise, smoking and stress.

Conclusion

Harlow Carers' commitment to supporting carers and the community remains unwavering. As we move forward, the organisation will continue to build on the successes of the past year, ensuring that the services provided are not only maintained but also enhanced to meet the evolving needs of carers.

The focus will be on expanding outreach, increasing the number of registrations, and providing more targeted support through counselling, workshops, and reveal of our new virtual carers centre. By fostering strong community partnerships and leveraging the dedication of the Harlow Carers team, the organisation aims to further improve the wellbeing and resilience of carers, ensuring they receive the recognition and support they deserve.

The journey ahead is promising, and Harlow Carers is well-equipped to make a lasting impact on the lives of those they serve.

Colin Powell
CEO Harlow Carers



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>

Staff News - in the spotlight!

Introducing our Carers Engagement Officer Shannon De Alwis

"I started working for Harrow Carers at the end of July 2025 as the Carers Engagement Officer. Prior to this I was an A Level Psychology teacher, however I made this career change as I am passionate about my community and supporting people.

At Harrow Carers, I am committed to creating more positive experiences for carers, through developing events or activities suggested directly by carers themselves. I aim to reach out to a range of communities, cultures and faiths, through holding events and activities that celebrate the diversity we have in our borough.

I have a background in psychology and mental health, with previous experiences of working in mental health supported living as well as at an acute psychiatric unit. I have accreditations in art therapy and teaching mindfulness, which I enjoy exploring and researching. In my spare time, I teach swimming lessons and am a trustee of Buckinghamshire and East Berkshire Mind. I enjoy swimming, travelling and am always open to trying new things and having new experiences.

I am looking forward to working at Harrow Carers and am excited to be a part of making a meaningful difference in the community. Since starting at Harrow Carers, I have planned many events such as the World Mental Health day, Black History Month, CREATE art workshops as well as an International Men's Day event. I have many more ideas and exciting opportunities on the way!"



VOLUNTEERS NEEDED



Volunteer with Harrow Carers - You'll not only support a good cause but gain real-life working experience and develop new skills in a friendly and supportive environment. We appreciate your contribution and we work together to bring the best out of each volunteer to make sure that we give back to you as much as we can.

If you would like to volunteer to gain new skills, give back to community and new new people. Get involved with our various volunteering roles.

[Register your volunteering interest here](#) and we can notify you first about our new opportunities.

THANK YOU

thank you FOR YOUR TREMENDOUS SUPPORT



We would like to give special thanks the following for supporting our carers for World Mental Health Day on 8th October:

- ♥ Harrow Samaritans for coming in to give a talk
- ♥ The Molly-Rose Foundation for their donations to make goodie bags
- ♥ Nina from Soundhands for providing massages
- ♥ Philippa Lewis and Diana Hardman for their support.



Thank you to Sundarban restaurant:
<https://www.sundarbantandoori.co.uk/>
for the raffle prizes for our
Diwali event on 29th Oct 2025



Thank you to Harrow Fireworks for their discount code for our carers
See page 19 for advert and discount code.
<https://harrowfireworks.co.uk/>



Our sincere thanks to Sheela, Anji, and Harrow Care Plus for their generous donation of items worth £150, with a special thank you to Sheela for choosing to raise funds for Harrow Carers, and we deeply appreciate Harrow Care Plus for matching this contribution.

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



SAFEGUARDING

The Trustees' Role in Safeguarding: Our Commitment to You

As your Safeguarding Trustee for Harrow Carers, I wanted to take this opportunity to explain a vital part of the Trustees' work: ensuring the safety and well-being of every person who engages with our services.

We are committed to assuring a culture of safeguarding across our whole community. The Trustees provide the essential governance and oversight that makes sure safeguarding is embedded in everything Harrow Carers does, from the moment a carer walks through our door to the way we manage our data.

Leadership and Oversight in Action

Our leadership in this area involves several key actions, all designed to ensure we meet the highest standards of safety and best practice:



- **Overseeing the Safeguarding Subcommittee:** I chair and guide our dedicated Safeguarding Subcommittee, a group of staff and trustees who focus on the day-to-day implementation and review of our policies. This ensures that the essential work is done diligently and consistently.
- **Policy Review and Approval:** The Trustees are responsible for the formal review and sign-off of our safeguarding policies and procedures. We don't just 'tick a box'; we critically assess whether our policies are clear, comprehensive, and up-to-date with current charity and legal standards. If a policy needs strengthening, we make sure it happens.
- **Driving Best Practice and Training:** We mandate and monitor high-quality safeguarding training for all staff and relevant volunteers. We ensure that our entire team understands how to report concerns, what our responsibilities are, and why vigilance is so important. By promoting a culture of openness and professional curiosity, we aim to prevent issues before they arise.
- **Accountability:** Ultimately, the board holds the organisation accountable. We regularly review safeguarding reports and incident data to ensure every concern is handled appropriately, swiftly, and in line with our agreed procedures. We ask the tough questions to confirm we are acting as a safe and trusted organisation for the carers and families we support.

What This Means For You

Our commitment means you can have confidence that Harrow Carers is not only dedicated to providing you with outstanding support but is also committed to doing so in a secure, protected, and responsible environment.

Your safety and trust are our highest priority, and we are continually working to strengthen our safeguarding framework to protect and empower all members of our community.

Dr Janice Howkins OBE
Safeguarding Trustee

Staying Safe - Harrow Council
Harrow Adult Social Care www.harrow.gov.uk/adult-social-care/staying-safe
Children's safeguarding - www.harrowscb.co.uk

CHRISTMAS OPENING TIMES

**Please note our Christmas/New Year
opening times for
Harrow Carers Centre and Old Lyonians**

North Harrow Office

Our office will be closed for the holidays from
Tuesday 23rd Dec 2025 at 5pm and we will re-open on
Monday 5th January 2025 9am-5pm

☎ Phone support - during this time, we will still be available
over the phone, except for the following dates

when we will be closed:

24th December 2025 - CLOSED FROM 1PM

25th December 2025 CLOSED

26th December 2025 CLOSED

1st January 2026 CLOSED

Old Lyonians

Our Last session at the Old Lyonians for activities will be:

Activity	Last session	Re-opens
Yoga	Mon 15th Dec 2025	Mon 2nd Feb 2026
Qigong	Mon 15th Dec 2025	Mon 2nd Feb 2026
Zumba	Wed 17th Dec 2025	Wed 4th Feb 2026
Pilates	Wed 17th Dec 2025	Wed 4th Feb 2026
Community Warm Hub	Thur 18th Dec 2025	Thur 8th Jan 2026

FINAL NOTES

Care Support Workers to join our team! 😊
NO EXPERIENCE NEEDED - JUST A PASSION
FOR CARING! ❤️
£12.26 per hour! Evening, weekend, flexible
hours. Full training will be given. Contact
Shantel on 03300 882224
Shantel.Irving@elitespecialistcare.org



ELITE
SPECIALIST CARE
PART OF HARROW CARERS

Consider leaving a gift in your Will to
Harrow Carers

It's best to consult a solicitor or professional
Will writer to ensure everything is done
correctly. For changes to an existing Will,
they can provide guidance.

For more information, contact
rehna.tanna@harrowcarers.org or call 0208
868 5224

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 a free assessment

Since January 2025, we have welcomed 425 new unpaid
adult 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 ❤️



Congratulations
to
Young Harrow
Foundation
on reaching
10 years!

All the best from
everyone at
Harrow Carers



FOLLOW US

Follow us on social media
Connect with Harrow Carers
on social media.



We are on Facebook, Instagram, Threads,
LinkedIn and YouTube

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

USEFUL LINKS & CONTACTS

Harrow Council - 020 8863 5611 Mon-Fri 9am-5pm

Carers Trust: Helping unpaid carers receive the
support they are entitled to

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.

Carers UK: Expert advice, information and
support

Ok Rehab: Specialise in addiction treatment.

Use NHS 111 to get to the help you need - a
free service for urgent healthcare needs that
are not life-threatening. <https://111.nhs.uk/>