HARROW CARERS NEWS

AUTUMN 2026 EDITION

hello Autumn



CONTENTS

MESSAGE FROM OUR CEO	PG. 2
WEEKLY ACTIVITIES	PG. 3
UPCOMING ACTIVITIES	PG. 5
YOUNG CARERS	PG. 8
ADVICE & BENEFITS	PG. 11
BEFRIENDING	PG. 12
DEMENTIA SUPPORT	PG. 13
SUPPORT FOR CARERS	PG. 15
NOTICE BOARD	PG. 20

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

@carers.harrow

WELCOME TO OUR AUTUMN ISSUE

Message from Colin Powell, CEO of Harrow Carers



Dear Carers, Volunteers and Friends,

As winter approaches, I want to thank every unpaid carer across Harrow for the extraordinary support you give to family, friends and neighbours. Caring can be rewarding, but it can also be physically, emotionally and financially demanding. Your contribution is invaluable, and Harrow Carers is committed to ensuring that you are recognised, supported and heard.

A Special Evening of Carols in Support of Our Carers
On Wednesday 16 December, we are planning a very special evening of carols to bring our community together and raise vital funds for our Dementia and Young Carer services.

We are incredibly fortunate to have secured the internationally recognised, award-winning singer Aivale Cole for the evening, making this a wonderful opportunity to enjoy beautiful music while supporting two services that make such an important difference to carers and families across our community.

Every contribution will help us continue providing the practical support, understanding and connection that carers need. I warmly invite you to support this special fundraising evening and help us make it an occasion to remember — one filled with music, generosity and the true spirit of our caring community. Please see page 7 for more details.

Our 2025–2026 Impact Report shows that **493** new adult carers registered with us, wellbeing activities recorded **4,955** attendances, and 308 adult carers accessed counselling. This reflects both the scale of caring in Harrow and the value of timely, accessible support.

Yet many carers remain hidden because they do not recognise themselves as carers or know that help is available. Please help us reach them: if someone you know regularly supports a loved one, friend or neighbour, please tell them about Harrow Carers and encourage them to contact us. One conversation could help them find support sooner and feel less alone.

Support Whenever You Need It: Bridgit
If work, caring responsibilities or other commitments make it difficult to use our services during the day, our free Bridgit Virtual Carers Centre is available 24 hours a day, seven days a week. It offers personalised advice, wellbeing and carers' rights information, local services, practical toolkits, community connections and online chat. Bridgit complements our telephone, face-to-face and outreach services, giving you another way to find support at a time that suits you and is available in your chosen language.

Black History Month Reflection
This October Black History Month has been an important month for Harrow Carers and we have dedicated page 19 to our amazing Homecare Regional Manager, Francisca Mensah. Please do take some time to read her story. Francisca is one of the most caring individuals I have met and inspires and leads with tremendous compassion and dedication. We also pay our respects and send our love to our African and African-Caribbean carers who provide love and support to their families. We hear you and are here for you every step of the way in your caring journey.

Historically I am called to remember **Mary Seacole**, a woman whose compassion, resilience and determination allowed her to make a difference despite the obstacles placed in her way. Her story reminds me that service is ultimately about people: seeing someone in need, refusing to look away and having the courage to act. We honour her best not simply by remembering her name, but by carrying those values in to the way we serve our communities today and in the future. Mary Seacole Trust, Life, Work & Achievements of Mary Seacole.

Winter Wellness
As temperatures fall, carers should remember to protect their own wellbeing as well as that of the person they care for.

A few simple steps can make a real difference:

- Keep warm and heat your home safely. If rising costs make this difficult, see Harrow Council's cold weather support. Harrow residents who are aged 60 or over, on a low income, living with a disability or long-term illness, or have children may qualify for free help from the Seasonal Health Intervention Network (SHINE). SHINE can advise on energy costs and debt, discounts, heating and insulation grants, and home safety. Call 0800 953 1221 or follow the council link for a free check.
- Stay up to date with seasonal vaccinations where appropriate.
- Stay connected and make time for rest and activities that support your wellbeing.
- Seek advice early if caring pressures, finances or health become difficult.

You do not have to manage alone. Our team offers information, advice, a listening ear and practical support. Please explore the activities and services in this newsletter and contact us if we can help.

On behalf of everyone at Harrow Carers, thank you for all you do. We wish you and your loved ones a healthy, safe and positive autumn and winter.

With best wishes,

Colin Powell, MCGI
Chief Executive Officer, Harrow Carers

WEEKLY ACTIVITIES

Harrow Carers Groups & Activities

*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/

If you would like to join the Harrow Carers WhatsApp notification broadcast, let us know and add this number to your contacts – 07736 923442

Monday	**Yoga** - **10:30AM - 11:30AM** Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Qigong - 11:45AM - 1:15PM Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Knit & Natter - 1:00PM - 3:00PM Harrow Carers Office, 376-378 Pinner Road, North Harrow HA2 6DZ
	Sketching - 10:30AM 12:00PM **Next session 9th November 2026 and then fortnightly on a Monday** Harrow Carers Office, 376-378 Pinner Road, North Harrow, HA2 6DZ
Tuesday	**Elevate Support Group - 11:00AM - 12:30PM** (Alternating weeks between Zoom & in person. Email wellbeing@harrowcarers.org for link) Zoom/Harrow Carers Office, 376-378 Pinner Road, North Harrow HA2 6DZ
	Employment Support Sessions - 2:30PM-4:00PM Harrow Carers Office, 376-378 Pinner Road, North Harrow, HA2 6DZ Email wellbeing@harrowcarers.org to confirm you will be attending
Wednesday	**Pilates - 11:30AM - 12:15PM** Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Friendship Cafe - 1:30PM - 3:30PM **For Dementia carers and their cared for** (every 1st Wednesday of the month) Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Sewing Club - 2:00PM - 4:00PM **(Held fortnightly on a Wednesday)** Please contact the office for more details Harrow Carers Office, 376-378 Pinner Road, North Harrow HA2 6DZ
Thursday	**Community Hub** - **12:00PM - 2:30PM** **Next session 12th Nov 2026 and then fortnightly on a Thursday** Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
Friday	**Poetry - 11:00AM - 12:30PM** **Next session 6th November 2026 and then fortnightly on a Friday** Harrow Carers Office, 376-378 Pinner Road, North Harrow, HA2 6DZ
	Mental Health Support Group 1:30PM - 2:30PM **(Every 2nd Friday & 4th Friday of the month in person)** Email wellbeing@harrowcarers.org Harrow Carers Office, 376-378 Pinner Road, North Harrow HA2 6DZ
	Sound Healing - £5 per session **1.45PM - 3PM - Next Session Friday 20th November 2026** **(Every 3rd Friday of the month) Email wellbeing@harrowcarers.org to attend** Old Lyonians Sports Ground, 74 Pinner View HA1 4QF

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 Friday 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

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 ♥

Harrow Carers
Inform, Support & Empower

Sound Healing
with a qualified gong practitioner



***Next session - Fri 20th Nov 2026**

Every 3rd Friday of the Month
1.45pm-3pm
Old Lyonians Sports Ground
74 Pinner View, Harrow
HA1 4QF

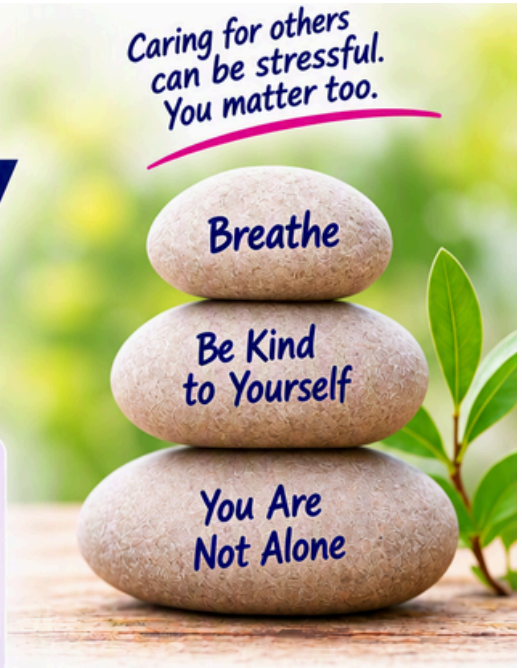
£5 per session

Please call 020 8868 5224
or email wellbeing@harrowcarers.org
to confirm you are attending

Harrow Carers
Inform, Support & Empower

Stress and Anxiety WORKSHOP

Join us for a supportive and informative workshop, designed to help you understand stress and anxiety, and learn practical strategies to manage them.



The workshop will cover:

- What stress and anxiety are and how they can affect us.
- Ways to build resilience and improve wellbeing.
- Practical tools and techniques to feel calmer and more in control.
- An opportunity to share experiences and get support.

Thursday 12th November | **2:00pm – 3:30pm** | **Venue: Main Office, Pinner Road**

To register please contact:

020 8868 5224 | disha.patel@harrowcarers.org

Harrow Carers
Inform, Support & Empower

Hestia | Connect to Work

We're excited to be partnering with Hestia!

We're delighted to launch our new Employment Support Sessions, giving carers a friendly space to get practical support with their employment goals.

Whether you're looking for work, thinking about returning to work, or simply want some guidance, Hestia can support with:

- CV writing & improving your CV
- Interview preparation & practice
- Building interview skills and confidence
- Job searching and employment advice
- One-to-one support tailored to you

Come along for a chat and find out how Hestia can support you.

Email: wellbeing@harrowcarers.org or call 0208 868 5224 to confirm you would like to attend

Every Tuesday 2:30pm - 4:00pm | **Harrow Carers Office** 376-378 Pinner Road, North Harrow, HA2 6DZ

We'd love to see you there!



Community Hub

Community Hub runs from 12pm-2.30pm every 2 weeks (Thursday)
Next session 12th November 2026
Old Lyonians Sports Ground,
74 Pinner View, Harrow HA1 4QF

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.

SAVE THE DATE

Celebrate Diwali with Harrow Carers

Tuesday 17th November 2026

11am-3pm

Old Lyionians, 74 Pinner View, Harrow HA1 4QF

To book your place on Eventbrite, click the following link:

Book your place



Carers Rights Day



Join us for an
Information and Advice day

Thursday 19th November 2026

11am-3pm

Old Lyonians, 74 Pinner View, Harrow HA1 4QF

"Someone you know is a carer, but do they know it yet?"

To book your place on Eventbrite, click the following link:

Book your place

Harrow Carers Christmas Party

Thursday 10th December 2026

Old Lyonians, 74 Pinner View, Harrow HA1 4QF

More details to follow!

SAVE THE DATE

HARROW CARERS

CHRISTMAS FUNDRAISING EVENING

Harrow Carers
Inform, Support & Empower

An Evening of Music, Community, and Support for Unpaid Carers, supporting dementia and young carer services.



DATE
Wednesday 16th December 2026

TIME
6:30pm - 9:30pm

VENUE
Old Lyonians Grounds
74 Pinner View
Harrow HA1 4QF

Aivale is a renowned New Zealand soprano in London, acclaimed for her exceptional opera performances and her contribution to The Lord of the Rings: The Fellowship of the Ring soundtrack.

Join Us For A Festive Evening Featuring:

01 Live Performance by Aivale

02 Warming festive soup served with a selection of breads.

03 Fundraising Raffle with Fantastic Prizes

04 Meet Friends, Supporters and Members of the Local Community

YOUR TICKET MAKES A DIFFERENCE

TICKETS £12

Every ticket purchased contributes to funding services for dementia care and support for young carers.

A warm evening of connection, music and community.

Why Your Support Matters

Every day, unpaid carers provide invaluable care and support to loved ones. By attending this event, you will be helping Harrow Carers continue to provide vital information, advice, wellbeing services and practical support to carers of all ages.

BOOK YOUR PLACE TODAY

BOOK NOW

SUPPORTING UNPAID CARERS ACROSS HARROW

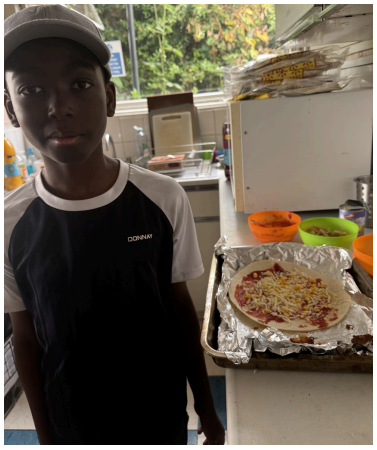
Enjoy a Festive Evening and Help Make a Difference

YOUNG CARERS

Looking Back on a Wonderful Summer at Harrow Young Carers

What a summer it has been at Harrow Young Carers! Throughout July and August, we created lots of opportunities for our young and young adult carers to take a break from their caring responsibilities, try something new, spend time with friends and reflect on themselves and their experiences as young carers.

One of the highlights of the summer was our Reflection week. These sessions gave young carers a chance to have honest and meaningful conversations about what it means to be a young carer. We reflected on the things we are proud of, the challenges that come with caring and the importance of recognising our own needs and looking after ourselves. We then brought these conversations to life through canvas painting, giving everyone a creative way to express their thoughts and feelings.



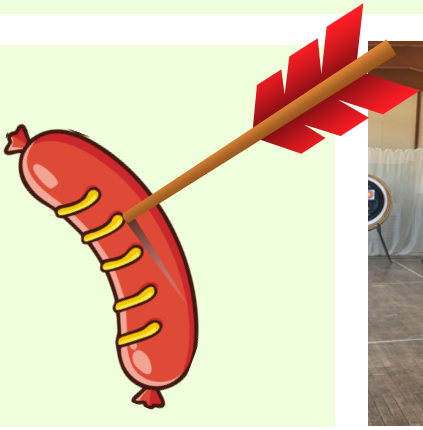
We also had plenty of opportunities to get creative, learn new skills and have fun together. Our Cooking and Crafts sessions gave young carers the chance to try something different, get stuck in and enjoy spending time with other young people who understand their experiences.

Our Performing Arts sessions were another wonderful opportunity to build confidence, be creative and have fun. Whether young carers were already comfortable performing or were trying something completely new, the sessions provided a welcoming space to express themselves.

There was also plenty of time for adventure and making memories! We enjoyed our BBQ and Archery afternoon, bringing everyone together for food, laughter and some friendly competition. 🏹🍔











For our older young carers, the summer was also a chance to think about the future. Our Jobs & Employability Workshop supported young adult carers to explore employment, while our A Level & BTEC Results Support and GCSE Results Support Workshop provided guidance and encouragement during what can be an exciting but sometimes stressful time.

One of the biggest highlights was our UCL Campus Visit in London. 🎓 Young carers had the opportunity to explore a university campus, experience a little of what student life could be like and start thinking about their own hopes and ambitions for the future. It was fantastic to see young people asking questions, exploring new possibilities and imagining what could come next.

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.

YOUNG CARERS

Alongside all of these activities, our team continued to provide Young Carer Assessments and individual support, making sure young carers had opportunities to talk, be listened to and access support when they needed it.

Most importantly, this summer was about giving young carers time to be young people. Whether that meant trying something new, making something creative, meeting new people, having a laugh with friends, thinking about the future or simply having a safe space to talk, every experience was an opportunity to take a break and focus on themselves.

A huge thank you to all of our young carers who joined us over the summer. 💚

We are so proud of everything you have achieved, the challenges you have overcome and the courage you show every day.





Here's to all the wonderful memories we made this summer — and to many more to come! 🌟

YOUNG CARERS ASSESSMENT

Do You Know a Young Carer? Get in Touch

If you think a child or young person you know may be a young carer, it's really important that they receive the right support. A Young Carers Assessment helps us understand their caring role and ensure they can access appropriate activities, support, and opportunities.
To make a referral or find out more, please contact:



Michelle Beynon – Young Carers Team

michelle.beynon@harrowcarers.org

Or email our team inbox:
youngcarers@harrowcarers.org

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. 💛

Staff News - in the Spotlight

Introducing our Young Carers Manager
Oky Lee-Morris

Hello,

It's great to join Harrow Carers. It is my honour to manage an incredibly meaningful service and to support Young Carers and Young Adult Carers in Harrow.

I started my career in the fashion industry but had a career change in my thirties. I stepped into charity sector almost 17 years ago and it has truly been a rewarding journey.

I have been blessed with a variety of opportunities in the sector over the years; from Oasis Charitable Trust to The Trussell Trust Foodbank, and from Age UK to Voluntary Action Harrow.

Children and young people are the future of our society, and I believe every child and young person should have equal opportunities to flourish in their childhood and the teenage years.

I hope to develop the Harrow Young Carers Service further and to provide access to every Young Carer and Young Adult Carer in the borough!



"I love nature. I enjoy hiking and climbing mountains."
Oky Lee-Morris

Voices of Young Carers

Our Young Carers Team showcased Voices of Young Carers at the Safeguarding Conference. Created by young carers, the video shares their experiences of balancing caring responsibilities with school, friendships and everyday life.

The video is a powerful reminder of why awareness, early identification and effective safeguarding are so important for young carers and their families.

We are incredibly proud of the young carers who contributed their stories and helped raise awareness of the vital role they play within our community.



Please click this link to our website to view the Voices of Harrow Young Carers video

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.

please DONATE ♥

Harrow Young 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.

Home Energy Advice from LEAP

LEAP is a free, nationally funded programme that supports households who are:



- Struggling to pay energy bills or manage fuel debt
- Living in cold, inefficient, or hard-to-heat homes
- Looking to maximise their income through benefits and financial support
- In need of wider wellbeing and household support

Through LEAP, eligible residents can access:

✅ Personalised energy-saving advice
✅ Support to reduce energy costs and understand tariffs
✅ Income maximisation and benefits checks
✅ Free installation of simple energy-efficiency measures
✅ Referrals to specialist services and additional household support, including appliance assistance where eligible

For more information visit the LEAP website: https://applyforleap.org.uk/



Fraud alert: Trusted family members, friends, and carers stole £51 million from pensioners

Older and vulnerable people are seeing millions of pounds stolen from them with the fraud committed by those closest to them, according to new figures released by the City of London Police, the national lead force for fraud.

- Review financial statements: check financial statements regularly for any unauthorised transactions. If anything appears suspicious, contact the bank as soon as possible.
- Watch for warning signs: be alert to unpaid bills, missing possessions, or unexpected changes to a will or bank account, as these may be indicators of financial abuse.

What to do if you are a victim of fraud by abuse of position:

- Tell your bank or card provider: if you notice any financial transactions made without lawful authority, notify your bank or card provider as soon as possible.
- Act quickly if something feels wrong: you can raise a safeguarding concern with your local authority's adult social care team. If a solicitor or deputy may be misusing their role, you can report your concerns to the Office of the Public Guardian.

How to report it: Report it to Report Fraud online or call **0300 123 2040**. For more advice and to raise any concerns, contact the Office of the Public Guardian.



Our Information & Advice team – Anne and Radha are here to support our Unpaid Carers with benefits advice, including Council Tax discount and exemptions.
Tel: 020 8868 5224



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 WEEK

It is that time of the year when we take a break from our busy calendars to focus on those people who deserve more attention than most.

No, it's not Halloween …. Or Christmas. It's Befriending Week, dedicated to our carers and volunteers, the pillars of our service. The annual national event will run from 1-7 November.

There will be no trees, carols or baubles. Just some serious reflection on the achievements of our volunteers. Our carers value the impact volunteers' visits make on reducing isolation in their life (see their comments on this page). As a charity, we would like to applaud our volunteers' contribution and sacrifice and thank them for their commitment.

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



★★★★★
"I felt comfortable. I could talk about my feelings. I got my speech back."

★★★★★
"I enjoyed talking to someone about my life in the West Indies."

We also realise how important it is for the volunteers to regularly meet and learn from each other. They should remember they are part of the larger Harrow Carers family, and the service would be nowhere without them. The befriending volunteers will therefore attend a get together on 3 November to exchange tips and take part in a short training session focussing on a subject dear to our carers' heart – bereavement.

★★★★★
She was wonderful, wish I could continue for life. She made me connect with other people."

This comes in many shapes. It could just mean the loved one getting a diagnosis of dementia and slowly detaching themselves. Or the loved one being moved into a care home. Or, of course, passing away. Hopefully the training will give volunteers an understanding of:

- Bereavement Theory and Understanding Grief
- Supporting Others through Communication Skills and Empathy
- Death and Bereavement in Different Cultures
- Loss of Independence, Mobility or Confidence

★★★★★
"I definitely would recommend befriending. It allays loneliness. I looked forward to my volunteer's visits. She would come smiling, saying good morning. She is a wonderful person – positive, caring and loving."



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

At Harrow Carers we understand the challenges and emotions that come with looking after a family member or a friend with dementia. Many carers feel abandoned after a dementia diagnosis for their loved one, often not knowing what support there is or what the next steps should be. We are here to help.





Please reach out to us for support: 0208 868 5224

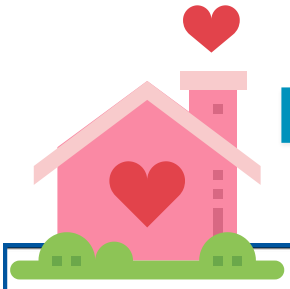
Our Support Goups

Friendship Café (Dementia carers and person living with dementia)
1st Wednesday of the month, 1.30pm–3.00pm at
Old Lyonians Sport Ground, 74 Pinner View, Harrow, HA1 4QF

Care Home Support Group (Dementia carers only)
2nd Monday of the month, 10.30am–12 noon at
Harrow Carers, 376–378 Pinner Road, North Harrow, HA2 6DZ

REIGNITE Choir (Dementia carers and person living with dementia)
2nd Tuesday of the month, 11.00am–1.00pm at
Old Lyonians Sport Ground,74 Pinner View, Harrow, HA1 4QF

Friendship Café (Dementia carers and person living with dementia)
4th Wednesday of the month, 1.00pm–3.00pm at
Stanmore Chapel, Marsh Lane, Stanmore, HA7 4HP



Home Visits



Would you like a home visit to chat with a dementia advisor? The dementia advisor can provide tailored information and advice to dementia carers and identify/signpost to additional support networks.

Contact - Kerstin Williams
(Monday - Wednesday)
Kerstin.Williams@harrowcarers.org
07495 323919



REIGNITE Dementia Choir

A monthly choir for carers and those living with dementia

2nd Tuesday of the month

Old Lyonians, 74 Pinner View, Harrow HA1 4QF

11am-1pm, £5 per carer

For more details contact:
Kerstin.Williams@harrowcarers.org
(Mon-Wed)
07495 323919

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.

ELITE SPECIALIST CARE
PART OF HARROW CARERS

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

03300 882224 /
info@elitespecialistcare.org
https://www.elitespecialistcare.org.uk

SCAN ME

Inspected and rated Good
CareQuality Commission



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

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

Bridgit Care

Accessing Online Self-Help 24/7

Harrow Carers has partnered with **Bridgit Care** to make sure you can get support whenever you need it. The **Bridgit Care Platform**, is a free online platform designed just for carers.

Here you can access **helpful advice, practical tools, and personalised support** to make your life a little easier, Bridgit is here for you, 24/7, whether you're looking for **wellbeing tips, local services, or just someone to talk to.** This platform is connected directly to our team.

Click on the button below to access the Bridgit Care Platform, and answer a few quick questions about you and you too can access information and chat to one of the friendly coaches who are there to support. Alternatively, click on the following link to our website to hear Colin talk about the platform, also available in the languages listed below. **https://harrowcarers.org/bridgit-care/**

Bridgit Care Platform

Bridgit Care User Guide

English | Gujarati | Tamil | Farsi | Arabic | Somali | Bengali | Romanian | Polish

Virtual Young Carers Centre Bridgit Care

We are excited to announce the launch of a new digital platform designed for young carers to support you in your caring role. Bridgit Care offers practical tools, advice, and resources to make life easier and help you access the support you deserve.

Harrow Young Carers will be delivering a set of training sessions to assist young carers to access and use the platform.

Please keep a watch on our Facebook page and website for these sessions.

Click Here to Find Out More





Bridgit Care User Guide

Bridgit Care Young Carers Platform

LOOKING AFTER YOURSELF

IT IS TIME TO GET YOUR FLU VACCINE

Flu is more than just a cold – it can cause serious illness and even lead to hospitalisation. Vaccination remains the best way to help protect yourself and those around you from flu and its complications.



You can get the free NHS flu vaccine if you:

- are aged 65 or over (including those who will be 65 by 31 March 2027)
- are aged 18 to 64 and have certain long-term health conditions
- are pregnant
- are a child aged 2- 3 or school-aged (Reception to Year 11)
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's
- allowance
- live with someone who has a weakened immune system
- are experiencing homelessness or staying in a homeless hostel or night shelter
- If you qualify for a free flu vaccine you are encouraged to book it as soon as you are invited.
- Children aged 2 and 3 can get a flu nasal spray at their GP practice or in participating pharmacies.
- School-aged children (reception to year 11) will be offered a flu vaccine through their school.

CLICK THIS LINK TO BOOK, CHANGE OR CANCEL A FLU VACCINATION APPOINTMENT



Family and carer access in the NHS App (proxy access)

As a parent, family member or carer, you may be able to add someone to your NHS App using family and carer access. This is sometimes called having a linked profile or having proxy access.

You and the other person need to be registered at the same GP surgery to do this.

If they're added to your NHS App, you can manage health services for that person using the NHS App, or by logging in through the NHS website.

For instructions on how to manage this and view a video - click the following link from the NHS website:https://www.nhs.uk/nhs-app/help/profile/family-and-carer-access/

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
Wild Harrow: Helping residents connect with nature, learn new skills, and meet others who care about Harrow's parks and green spaces. https://www.vah.org.uk/wild-harrow/

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 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

NEW

Private Counselling

For Adults

- **A safe, confidential space to talk & be heard**
- **Sessions tailored to individual needs**
- **Supporting your psychological wellbeing**
- **British Association for Counselling & Psychotherapy Registered, BACP**

Harrow Carers have provided a trusted, professional counselling service for over 15 years

- Consultation with assessment £35
- Counselling sessions £35 per session

Take the first step towards improving your wellbeing! Reach out to us for additional information or any inquiries you might have.



Call: 0208 044 5969

Email:

disha.patel@harrowcarers.org

(This service is FREE for unpaid carers registered with Harrow Carers. 18+)

EXCELLENCE FOR CARERS
Carers Trust Quality Award

Harrow Carers
Inform, Support & Empower

ELITE SPECIALIST CARE
PART OF HARROW CARERS

Harrow Carers
Inform, Support & Empower

Safeguarding Leads

What is safeguarding?

Safeguarding is about keeping people safe from harm and abuse.

Safeguarding is everyone's business. It helps protect children and adults who may not be able to protect themselves.

Everyone has the right to feel safe and be treated with care and respect.

If you encounter any safeguarding concerns involving a vulnerable adult or child please do not hesitate to contact our designated safeguarding leads or speak with a staff member:

- Colin Powell, C.E.O
- Harrow Carers
- Tel: 0208-868-5224
- Email: Colin.Powell@harrowcarers.org



- Karen Gilchrist, Head of Adult Services
- Harrow Carers
- Tel: 0208-868-5224
- Email: Karen.Gilchrist@harrowcarers.org



- Oky Lee-Morris, Young Carers Manager
- Harrow Carers
- Tel: 0208-868-5224
- Email: Oky.Lee-Morris@harrowcarers.org



- Francisca Mensah, Regional Manager
- Elite Specialist Care
- Tel: 0208-868-5224
- Email: francisca.mensah@elitespecialistcare.org



You can also write to us if you have a safeguarding concern and require advice from our designated safeguarding leads. Address: Safeguarding, Harrow Carers, 376-378 Pinner Rd, North Harrow, HA2 6DZ.

All staff members and volunteers providing support services to carers undergo safeguarding training and have DBS checks in place.

WHAT BLACK HISTORY MONTH MEANS TO ME

Black History Month holds a very personal meaning for me. It is a time when I pause and reflect on where I come from, the values I was raised with, the journey that has brought me to where I am today, and the people whose sacrifices made that journey possible.

I am immensely proud of my African heritage. Growing up with strong values around family, community, respect, hard work and looking out for one another has influenced the way I live and, importantly, the way I lead. I was taught that success is not simply about how far you travel yourself, but about what you do with the opportunities you receive and how you help others along the way. That principle has stayed with me throughout my career.

My journey in social care has given me many reasons to reflect on this. I have had opportunities to grow, to lead and to support others to develop, but I also recognise that the path is not always straightforward. This is why representation matters so much to me. When someone from a Black or minority background sees a person who shares aspects of their heritage or lived experience progressing into leadership, I hope it sends a simple but powerful message: there is a place for you here too, and your ambitions are valid.



Francisca Mensah, Regional Manager, Elite Specialist Care

One of the things I value most about working in social care is the diversity of the people within it. Every day, people from different countries, cultures and backgrounds bring their skills, compassion and experiences together to care for some of the most vulnerable people in our communities. I am proud to be part of that workforce and equally proud to contribute to it as a Black African woman in a leadership position.

For me, Black History Month is therefore about more than celebrating achievements. It is about remembering the sacrifices behind those achievements and recognising the responsibility we have to continue moving things forward.

As I have progressed in my own career, one thing has become increasingly important to me: I do not want my success to end with me. If I can encourage someone, recognise potential in someone who may not yet see it in themselves, create an opportunity, mentor another person or simply open a door, then that matters to me.

So, when I think about what Black History Month means to me, I think about my roots, my journey, gratitude, resilience and legacy. I think about those who came before me, those walking alongside me today and, perhaps most importantly, those who will come after us.

I want to honour the people who opened doors for my generation by ensuring that I do not close those doors behind me. I want to hold them open, encourage others to walk through and, where there is no door, have the courage to help create one.

"That is what Black History Month means to me"

Francisca Mensah is the Regional Manager - Quality Assurance Lead for Elite Specialist Care, which is part of Harrow Carers. Elite Speicalis Care offers client-centered tailored plans best suited to you or your cared one's needs. They understand that there may be times when you need a little extra support, whether it's help around the house, companionship, personal care, medication or mobility support.

ELITE SPECIALIST CARE
PART OF HARROW CARERS

For more information please call 0330 088 2224 or visit the website: https://www.elitespecialistcare.org.uk/

CONVERSATION cafe

THE BIGGER CONVERSATION CAFE

Our monthly BIGGER Conversation events are starting again.

Do you need help with adult social care, being an unpaid carer, understanding benefits and support, navigating services and any support for your health and wellbeing?

IT'S BIG

Connect with the people and organisations that can support you. Meet Adult Social Care, Citizens Advice and a wide range of local charities and community groups offering advice, guidance, practical help and opportunities to get involved in your community.



Put the kettle on, start the conversation.

Venue: St Peter's Church
Sumner Road
Harrow HA1 4BX

Email: ccafe@harrow.gov.uk
Call: 020 4583 4088

Time: 10am to 1pm
Tuesdays
04 August 2026
01 September 2026
06 October 2026
03 November 2026
01 December 2026

Connect • Support • Thrive
The right support, at the right time, in the right place.

LONDON BOROUGH OF HARROW

CONVERSATION cafe

CONVERSATION CAFÉ PILOT OCTOBER TO DECEMBER 2026

Coming to BELMONT CIRCLE!

The Conversation Café provides face to face support for Harrow residents. We offer assistance with adult social care enquiries, support for unpaid carers, assistance with disability and carer benefits, and support in managing your health and wellbeing?

Join us at our brand new Conversation Café in Belmont Community Hall every Thursday, meet the team and see how we may be able to assist you.



Pop in, grab a cuppa and start the conversation.

Venue: Belmont Community Hall
Kenton Lane, Harrow HA3 8RZ

Email: ccafe@harrow.gov.uk
Call: 020 4583 4088

Time: 10:30am to 1pm
Every Thursday from 1st October 2026

www.harrow.gov.uk/conversationcafe

Connect • Support • Thrive
The right support, at the right time, in the right place.

LONDON BOROUGH OF HARROW



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: admin@harrowcarers.org



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).

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. https://www.citizensadviceharrow.org.uk/macmillan-benefits-advice-service/.

NOTICE BOARD

JOIN THE ASAP GROUP
Supporting carers of autistic adults

Do you care for an autistic adult and feel that the support available does not meet their needs or your own?

The ASAP Group brings together family carers who want to connect with others in similar situations, share experiences and work collectively to raise awareness of the challenges faced by carers of autistic adults.

Many carers tell us they carry a significant caring responsibility with limited support for the person they care for. By joining the group, you can have your voice heard, contribute to discussions about improving services and help influence positive change for autistic adults and their families.

Whether you would like peer support, information or an opportunity to campaign for better services, we would love to welcome you.

Interested in joining? Contact Harrow Carers on admin@harrowcarers.org to find out more and become part of a growing network of carers working together for change.

Next meeting on Zoom Sunday 8th Nov 2026 from 8pm to 9:30pm
Email admin@harrowcarers.org for link to join

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 the community and meet new people - get involved with our various volunteering roles.

Register your volunteering interest here and we can notify you first about our new opportunities.

DementiaUK

nationwide

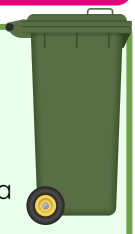
Dementia UK is offering face-to-face clinics with an Admiral Nurse in Nationwide branches in Harrow (Pinner, Stanmore, Harrow Town Centre.) Appointments are held in a private space. People with dementia or carers don't have to be Nationwide members to access this service.

Book a free confidential appointment for advice and support including:

- getting a diagnosis
- understanding symptoms and changes in behaviour
- practical tips for carers
- choosing a home or residential care
- emotional support

Find out more about clinic appointments or call Dementia UK on 0800 888 6678

Order an extra General waste bin (healthcare)



Our CEO would like to say thank you to **Elevate carers group** for raising the issue of carers having to pay for a GP letter to secure a further bin for the disposal of adult pull ups.

With the support of Harrow Local Councillor Janet Mote, Harrow Carers can now write a supportive letter on behalf of carers at no cost. We hope that this will assist as we know every penny is crucial when caring for a loved one.

Click here for Harrow Council website
Contact Harrow Carers - admin@harrowcarers.org

HOME LIBRARY SERVICE

The Home library service can visit you if you live in Harrow. It may work for you if you find it difficult to get to a library because you:



- are elderly
- have a disability or long-term illness
- are caring for someone.

The Home library service can make regular visits and the service is free

Telephone: 020 3714 7741
Email:
home.library@harrowlibraries.org.uk
https://www.harrow.gov.uk/libraries/home-library-service

WHEN I WAS A BOY

When I was a boy
We had a coal man
Who'd visit twice a year
Carrying lots of black sacks
To fill our cellar high
Heating was delivered like that
All black, shiny and smelt.
Of tar, and winter approaching.

When I was a boy
A lorry would call round
Open it's rear doors
Bring out scales and
Sell fruit and veg
Usually by the pound

When I was a boy a milkman called
Every single day.
Come rain or shine, hot or cold
You'd always have fresh milk
And orange juice that tasted like no other
With its green shiny cap
It was a gorgeous cover

When I was a boy a knife man came
On his bicycle with a sharpening stone
Housewives would bring out their knives,
scissors and blunt instruments from their home.

When I was a boy the insurance man called round
Collecting penny premiums
For Life Insurance of different amounts
For very few people could afford bank accounts.

When I was a boy tradesmen would come to call
There wasn't the Internet to sit and stare at a screen.
Amazon was a river
Not even something you could ever dream of

When I was a boy there were very few cars
We'd laugh and play in the street
Now children sit in their bedrooms
Messaging on their phones

No tradesmen to look forward to
With their carriages of different wares
Just internet deliveries left outside our doors,

No time to stop and chat
Overpriced food from Deliveroo, Just Eat and the takeaway
Some say we've moved on
But when I was a boy I actually preferred things that way.

Ivor

Sit with it,
Let it be.
It's not for you to see, right now.
So do nothing,
just sit with it.
Look around.
And let it be.

Sharon

Ode to my loving mother

She woke up at 4am
Fresh or not
Ma starting her day
With a smile and a hum

After her shower
She starts roasting semolina in ghee
Chopping almonds, pistachios and cardamom
While wearing a smile and a hum

Semolina turning golden brown
Adding milk and sugar
Fragrance waking the household
While she's wearing a smile and a hum

Ma is now waking me
In her melodious voice
Placing her soft hands on my forehead
While wearing a smile and a song

Directing me to the bathroom
While gathering dirty washing
Siblings chatting
Ma singing and wearing a smile

Oh! How I yearn to be 5
In a home filled
With an abundance of love and affection
And Ma smiling while singing

Geeta

FINAL NOTES

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 an assessment

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

ELITE SPECIALIST CARE
PART OF HARROW CARERS



Since April 2026, we have welcomed 258 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 ♥

thank you

Thank you for all your donations and support - we truly appreciate it!

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

FOLLOW US

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

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/

OUR NEWSLETTERS ARE NOW RELEASED QUARTERLY
IN-BETWEEN WE SEND OUT UPDATE BULLETINS AS NEEDED