

# HARROW CARERS NEWS

CHRISTMAS 2025 EDITION



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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

# WELCOME TO OUR CHRISTMAS ISSUE

## Message from Colin Powell CEO of Harrow Carers

Dear Carer,

As we approach the festive season, we want to take a moment to recognise and celebrate the incredible love, kindness, and support you provide every single day. Your dedication, compassion, and resilience in supporting family, friends, and neighbours make a profound difference in our community.

Thank you for the countless hours, the unwavering care, and the time you give so generously. You are the heart of Harrow, and your efforts do not go unnoticed.

On behalf of the staff team and trustees, I want to express our deep gratitude for all the very kind messages we have received over the past year. The team remains incredibly humbled by your words of appreciation and support. We all look forward to continuing to do our very best for you in the coming year.



Wishing you a Merry Christmas filled with peace and joy, and a Happy New Year full of hope and happiness. May the year ahead bring you strength, support, and moments of rest—you truly deserve it.

With heartfelt gratitude,

From all of us at Harrow Carers,

*Colin Powell*

Colin Powell  
CEO, Harrow Carers & Elite Specialist Care



Harrow Carers  
would like to wish all  
our carers a very  
Merry Christmas & a  
Happy New Year!



# VIRTUAL CARERS CENTRE

## Accessing Online Self-Help 24/7

We are excited to announce the launch of a new digital platform designed 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 Carers will be delivering a set of training afternoons to assist carers to access and use the platform.

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. For more information on our website please click the following link <https://harrowcarers.org/bridgit-care/>

### What Bridgit Care offers..



#### Personalise Support

AI coaches provide tailored advice on wellbeing, carer rights, financial help, and more.



#### Advice Hub

Access real-time guidance, local services, events, and helpful videos.



#### Toolkits

Create practical plans for your caring journey, from needs assessments to meal planning.



#### Community

Connect with other carers, share experiences, and join feedback groups.



#### 24/7 Chat

Ask questions anytime and receive instant, relevant advice.



### Festive Support From Our AI Coaches

At Harrow Carers, we know that caring doesn't take a Christmas break — and neither do we.

Whether you need a sprinkle of guidance, a moment of calm in the Christmas festivities, or quick answers to help you support your loved one, our AI Coaches (powered by our partner Bridgit Care) are here for you 24/7 — even when the mince pies run out.

Day or night, Christmas Eve or Boxing Day, if you need us... we're right here: <https://harrowcarers.org/bridgit-care/>

Because caring is full-time — and so is our support. ❤️🎅  
Find support anytime!



# SUPPORT FROM HARROW CARERS



We offer the following services - please contact us for more details



## Wellbeing Activities

We offer a wide range of activities such as Yoga, Qigong, Pilates Zumba, Community Hub and Sewing Club.

## Support Groups

The following support groups are available for our carers:

- Mental Health Support Group
- Elevate Support Group
- Grief and Loss
- Care Home Support

## Counselling

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

## Information & Advice

Our services are available to anyone who provides care and support for a friend or relative in the borough of Harrow, regardless of the amount of care you provide. Please call us to speak to one of our specialist advisers for information or help with benefit form filling.

## Dementia Service

Our Dementia Carer Support Service includes:

- Information, Advice and Emotional Support
- Home Visits from a Dementia Advisor
- Dementia Training Programme
- Friendship Cafes and Dementia Hubs

## Befriending Service

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 note our visits are limited to 10 per carer).

## Young Carers

If you are aged 17 or under and look after someone with a physical or mental health problem, you might not think of yourself as a carer but you probably are. There is a whole community of young people like you facing the same day-to-day issues and Harrow Carers are here to support you if you or the person you care for live in Harrow.

## Young Adult Carers

Are you a Young Adult Carer? Are you aged between 16 and 25? At Harrow Carers we want to help Young Adult Carers be the best versions of themselves by maximising their opportunities.

## HomeShare

Homeshare is an affordable service that matches people who have a spare room and require extra support around the house (Householders), with individuals looking for affordable accommodation and willing to provide help at home (Homesharers).  
\*please note charges apply to this service

## Homecare Services

Our Homecare service - Elite Specialist Care, provides professional, friendly, client centred support to those living within Harrow and the surrounding boroughs. We are regulated by the Care Quality Commission (CQC) and are specialised in the provision of high-quality services for a range of care needs. \* please note charges apply to this service

# 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 23<sup>rd</sup> Dec 2025 at 5pm and we will re-open on  
Monday 5<sup>th</sup> 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:**

**24<sup>th</sup> December 2025 - CLOSED FROM 1PM**

**25<sup>th</sup> December 2025 CLOSED**

**26<sup>th</sup> December 2025 CLOSED**

**1<sup>st</sup> 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



# 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](mailto: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 <a href="mailto:wellbeing@harrowcarers.org">wellbeing@harrowcarers.org</a> for link) Next session in person 20/01/2026	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) Next session: 14/01/2026	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	Sewing Club - 2:00PM - 4:00PM (held every other Wednesday of the month) 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 Every Thursday Last session: 18/12/2025 Re-opens: 08/01/2026	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 <a href="mailto:wellbeing@harrowcarers.org">wellbeing@harrowcarers.org</a> Next session: 09/01/2026	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ



# USEFUL NUMBERS



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

Adult Social Services Emergency duty social workers

<https://www.harrow.gov.uk/adult-social-care/hours> (An emergency duty social worker is on duty at all times out of hours. This is necessary to meet urgent needs that cannot wait until the next working day.)

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

Carers UK: Expert advice, information and support

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. Call FREE 116 123

Rethink: Top tips on managing your mental health.

The Single Point of Access provides one number and one email address for referrals to secondary mental health services and support in a mental health crisis. or can call us on 0800 0234 650 or email [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net)

Ok Rehab: Specialise in addiction treatment.

Citizens Advice Bureau helpline - 0808 250 5705

Pharmacy: check their opening hours by searching at [www.nhs.uk/service-search/find-a-pharmacy](http://www.nhs.uk/service-search/find-a-pharmacy) or by calling NHS 111.

Harrow Foodbank: 020 8416 7344

**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/>

## 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>

**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 or email [talk@harrowcarers.org](mailto: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](#)



## Support for Harrow Carers

Thank you! This December the Harrow Choral Society held their Christmas concert at Harrow School and kindly dedicated the retiring collection to REIGNITE, the Harrow Carers Dementia Choir.

*"We have named our choir REIGNITE, as we feel this beautifully reflects its purpose - rekindling memories, joy and connection through the power of music. My personal hope is that everyone who joins us, whether verbal or non-verbal, can experience joy and connection, smiling through music, whether singing or playing instruments. There is so much more to dementia than what meets the eye, and music helps us celebrate that".*

Roshanthi Pereira Dementia Team Lead, Harrow Carers



**THANK  
YOU**

We sincerely appreciate all the support, love, kindness, and generous donations we've received throughout 2025. Your contributions truly make a significant impact on the work we do. Wishing everyone a Merry Christmas and

**HAPPY  
NEW YEAR**