



THIS MONTH'S THEME IS...



CEO'S MESSAGE

Dear Carers,

Hello and the warmest of welcome to our first Harrow Carers newsletter of 2023 and I hope this finds you happy, healthy, and positive as we head into the new year!

All the team here are very excited about the next twelve months as we continue to grow and support you in your caring role.

In the meantime, we want to hear from you - if you have ideas, suggestions, comments or just observations about our work - how we could improve our services, please tell us by completing our survey (page 4).

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

Thank you for reading our newsletter.

Charmian Boyd
C.E.O



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ACTIVITIES

ZUMBA with Marina

Get grooving and moving with this versatile fitness class combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class- includes bhangra!

**Every Wednesday at Old Lyonians Sports Ground
10.15AM – 11.15AM**

Elevate

A self-supporting group open to all Unpaid Carers.

**Every Tuesday
11am -12:30pm. Alternating weeks
between Zoom and
face-to-face. Next meeting is on
Tuesday 7th February 2023
at Harrow Carers Centre**

Sewing Classes*

**at Harrow Carers Centre
Our sewing classes are held on the
2nd and 4th Wednesday
of every month
1.30PM – 3.30PM**

*Please bring along some cotton material, a needle & thread, scissors, pencil and paper

Friendship Cafe

**Old Lyonians Sports Ground
every 1st Wednesday of the month
1.30PM – 3.30PM**

Pilates

Sometimes our bodies crave gentle and relaxing movements and this is the perfect Pilates workout for those days. Beginners and improvers welcome

**Every Wednesday at Old Lyonians Sports Ground
11.30 AM – 12.15PM**

Yoga

A gentle and steady-paced class suitable for absolute beginners, the focus on simple movement to encourage more body awareness and physical mobility including breath and meditation.

**Every Monday at Old Lyonians Sports Ground.
10:30AM- 1:30PM**

Qigong

Qigong coordinates flowing movement and breathing to develop the mind and body holistically, with a guided visualisation to promote health and enhance internal energy levels. Please wear comfortable clothing, bring along a water bottle and aim to arrive 5 minutes early to get ready for the session.

**Every Friday at Old Lyonians Sports Ground
1:45PM- 3PM**

Please note that Qigong will NOT be running on the following dates

Friday 24th Feb. 2023

Friday 17th March 2023

Friday April 7th 2023 (Good Friday)

Friday April 14th 2023

***If you would like to join any of the activities please contact
wellbeing@harrowcarers.org 020 8868 5224 x 214 for joining instructions.**

SUPPORT GROUPS



Badminton
Old Lyonians Ground
every Friday
11.00AM - 1.30PM
(please call be added to
the waiting list)

Warm Hub
Old Lyonians Ground
every Thursday
11.00AM - 3.00PM

**Tamil Women Sewing
Group**
At Harrow Carers Centre
every Friday
10.00AM - 12.00PM

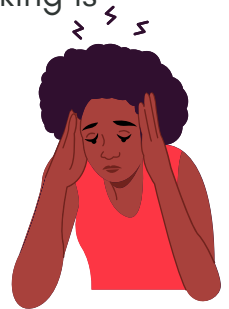
Mental Health Support Group

Do you care for someone with a mental health condition? If so, join us from 1.30pm to 2.30pm every **2nd Friday** online using the following link:

<https://zoom.us/j/99301850653?pwd=anhEdnB6M0tHTDhOSTAySjBoSHdUZz09>
Meeting ID: 993 0185 0653 / Password: 905117

Or, join us in person at Harrow Carers office in North Harrow from 1.30PM-2.30PM every 4th Friday of the month - it is a drop-in group so no registration/booking is required.

***If you would like to join any of the activities please contact wellbeing@harrowcarers.org or 020 8868 5224 x 214 for joining instructions.**



Counselling service for ages 16-25:

Harrow Carers are pleased to offer our counselling service to Young Carers aged 16-25. 10 free sessions and the final two (if you choose to complete the 12 sessions) will be charged at £15.00 per session. Counselling is an important part of maintaining your health and wellbeing. It is a way for you to think, feel and talk things through that are causing you stress or anxiety. Our counsellors will be there to support you and listen to you in an empathetic and non-judgmental manner.

For more information, please email disha.patel@harrowcarers.org or call 02088685224.

Wellbeing and workshops:

Good and healthy wellbeing is crucial for everybody but especially as a carer, it is imperative to function at a level where you are not feeling overwhelmed or burnt out. You can only care for and help others if you are able to care and get help for yourself first: you cannot pour from an empty cup! Hence why services such as counselling and wellbeing workshops are available to you: please make use of them. We are here to support you and help in any way we can.

We would like to hear from you on what topics you would like to include at future workshops. For example, we have held two sets of workshops aimed at managing stress, anxiety, and sleep.

If there are any others that are of interest to you, please let me know: email disha.patel@harrowcarers.org or call 02088685224.

UPCOMING ACTIVITIES



Harrow Carers

Free Archery taster sessions for unpaid carers living in Harrow.

Over 18s only

Dates: Thursday 2nd of February 2023 and then fortnightly

Start Time: 2.30pm (1.5hr session)

Venue: 74 Pinner View HA1 4QF (Free Parking)

Booking: Colin.Powell@harrowcarers.org

Maximum class size: 8 participants
All equipment supplied!

SAFE - FUN & PROVEN TO HELP MENTAL WELLBEING



We Care Feedback Survey

Help us improve our services by telling us how we are doing in this survey. Because we care about what you think, and how we can best support you, we want to hear from you.

The survey is for all carers being supported by Harrow Carers.

It is completely anonymous unless you would like to be identified, so we can respond to something you have said, in which case you can add your name. It takes less than 10 minutes to complete.

The survey is being run from 25th January 2023 to 24th February 2023.

Here is a link to complete the survey online.

[Click here to complete the survey.](#)

If you would like a paper version of the survey to complete you can get one by contacting us

Thank you for your time.

“It has been lovely seeing everyone returning since we welcomed in 2023.

Our Warm Hub has been a great success and will continue right up until the end of March, and our Yoga classes have made a return to their former Monday morning slot.

All our usual classes have resumed and we look forward to seeing you again very soon. Please call me if you would like to know more about the various groups and classes we provide.”

Georgia Weston, Adult Carer Engagement Officer.



ADVICE AND BENEFITS

My name is Radha Hirani and I have recently moved on to my new role as **Information and Advice Team leader**. Prior to my new role, I was managing the Homeshare service within Harrow Carers for over 6 years and built up a great rapport with our Homeshare clients who were able to stay living independently in their home for longer, providing affordable accommodation for our homesharers at a time of record housing shortages and high rent and most importantly both people's families have peace of mind knowing that their relatives have secure accommodation and companionship. I enjoy travelling, going to the theatre and volunteering with our local communities. I enjoy playing badminton and love exploring the wonderful green spaces we have across the UK with my family and friends.



Our Benefits Advice team provides advice on what benefits our carers or the person they are caring for may be entitled to. We have advisors who can help you with your application process or give advice on the following benefits. One of them is a Gujarati speaker.

We can help with the following Non-Means Tested benefits:

- Personal Independence Payment (PIP) age 16-66
- Disability Living Allowance (DLA) age 3 months to 16 years
- Attendance Allowance (AA) age 66+
Tel: 0800 731 0122
- Blue Badge
- Carers Allowance (CA)

Personal Independence Allowance

For people from 16 to years up to Pension Age with a Disability. To claim PIP, you need to:

1. Call to start your claim. Personal Independence Payment (PIP) Telephone: 0800 917 2222
2. You'll then be sent a form that asks about your condition.
3. Complete and return the form. (we can help you complete the form if you need support).
4. You might need to have an assessment if more information is needed.

Need help making a new Universal Credit claim?

There are 2 ways to get help with your Universal Credit claim. You can either call the Universal Credit helpline or use the Help to Claim service.

Calls to the Universal Credit helpline are free.
Telephone: 0800 328 5644

Help to Claim

You can get free support from trained advisers to make a Universal Credit claim. You can contact an adviser through our free Help to Claim phone service. Advisers are available 8am to 6pm, Monday to Friday on 0800 144 8 444

Harrow Citizens Advice

Phone: 0808 250 5705

Civic 6, Station Road, HARROW, Middlesex, HA1 2XY

How to appeal a Benefit decision

You can appeal a decision about your entitlement to benefits. Contact the benefit appeals helpline if you have questions about appealing a benefit decision.

- Benefit appeals helpline 0300 123 1142 Monday to Friday, 8am to 5pm (Call charges may apply)

Email: contactsscs@justice.gov.uk

<https://www.gov.uk/appeal-benefit-decision/submit-appeal>

Please feel free to contact the team if you are unsure or have any questions.

As a charity, we do look for donations as the benefits application forms do take time to complete. Your donations help us improve our services and help us reach and support more unpaid carers, when they need it most.



SPECIAL FEATURE

TAKING CARE OF YOUR MENTAL AND PHYSICAL HEALTH

We understand your caring role can be 24/7 but it is important to try to take a break from time to time, to take care of yourself. There are lots of things you can do to maintain your health. Have a look below at all the different ways you could better take care of your mental and physical health:

- **Avoid excess eating:** It is very easy to form unhealthy eating habits as a form of coping. To help with this, try eating smaller meals more frequently during the day and drinking a lot of water to fill yourself up. This will help reduce the number of cravings you have in a day.
- **Eat well:** You are what you eat! Make sure you eat consistently healthy foods
- **Stay hydrated:** Drinking enough water throughout the day helps your body function properly (see article below).
- **Maintain relationships:** Being away from those whom you love is a daunting experience. The best thing we can do is to call the people that we love frequently to remind them that they are not alone and they are loved.
- **Spend some time in nature:** If you can go outside, then try to go on a walk or run with a lot of trees, grass and general green spaces. This should help you reconnect with the outside world. If you can't go outside, simply try to observe nature from your house. Why not try one of our classes or support groups and meet people who are in a similar situation within a supportive space.



Nutrition and Hydration Week
2023 Monday 13th March -
Sunday 19th March

WHAT ARE THE BEST WAYS TO STAY HYDRATED?

Here are my top tips for helping keep your body hydrated throughout the day:

- **Monitor your output** – First of all let's check if you need to hydrate any more than you currently do. If you notice your urine is a darker colour, or if you are passing urine less than 4 times a day then you need to start drinking more fluids
- **Use a refillable bottle, and always keep it on you** – If you use a reusable bottle, you can monitor the volume of fluid you are consuming. For example, if your bottle is 500ml you know you should be aiming to fill it up around 3 times during the day
- **Little and often** – Sometimes we can get carried away with a task at hand and forget to take a drink. Try to get into the habit of drinking a little fluid throughout the day. Again, using a refillable bottle can help you achieve this as you can set targets to refill your bottle once during the morning and once during the afternoon to ensure you are drinking throughout the day
- **Eat your 5-a-day!** Many fruits and vegetables contain a high percentage of water, and therefore make a large contribution towards your fluid intake. Fruits such as cucumber, tomatoes, melons, strawberries, and vegetables such as lettuce, courgettes, celery and peppers are all over 90% water.
- **Cool it down when the temperature rises** – Just because it's hot doesn't mean you can't enjoy your favourite caffeinated beverages – these drinks still count towards your fluid intake. Why not try turning them into the cool counterparts with iced coffees and iced teas to help keep you cool*. Just watch out for any hidden added sugars these may contain, or try making them at home yourself so you know exactly what goes into them.

**Pregnant women should limit caffeine intakes to 200mg/day, and caffeinated drinks are not suitable for babies and toddlers.*



DEMENTIA SUPPORT

We have once again begun our 7 week Dementia programme after a short break over the festive period. Through the feedback we have been receiving since June it's apparent that gaining knowledge and having a safe place to unburden and share with other carers is what's key. Our focus remains in building stronger connections and supporting our carers in caring for their cared for. Our next 7-week programme starts early March.

We would also like to welcome you and your cared for to our Monthly Friendship café which is on the 1st Wednesday of every month.

For more information, Please contact

Roshanthi Pereira
Dementia Team Leader, 02088685224
Roshanthi.pereira@harrowcarers.org

Friendship Cafe
For Carers & Cared for

➔ Afternoon Drop-in's every 1st Wednesday of the month for Carers and Cared for. The next one is on the 11th January 2023.

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

MORE INFORMATION
Roshanthi Pereira
Dementia Team Leader
Tel: 020 8868 5224
Email: roshanthi.pereira@harrowcarers.org

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

Our warm hub which started in December is becoming popular among our lovely carers. Apart from having a lovely warm meal, having the opportunity to sit in our Warm lounge with endless cups of tea, coffee, and then the opportunity to have a good old natter have been delightful to see. New friendships being formed, and old ones being strengthened have helped some of our carers who have been struggling with loneliness to blossom. Fun activities such as board games, puzzles, singing, dancing, and art are things carers can look forward to.

We have some exciting activities planned till March.

02/02/23 - Legal Advice Session 1pm - 2pm

Talk by Co-op Legal Services representative on legal advice on a wide range of consumer legal services, such as:

Protecting your family's nest egg- We can give practical help and advice on how to protect as much of your wealth as possible for future generations.

Inheritance tax - There may be ways of putting a protective arm around your wealth which help to reduce the burden of Inheritance Tax for future generations.

Stopping 'sideways disinheritance' - Re-marriage of a surviving spouse after the first death of a couple can result in the new husband/wife inheriting everything, whilst the children from the first marriage get nothing.

Lasting Powers of Attorney - As we continue to live longer, a large number of us will suffer from dementia and lose the capacity to look after ourselves. Having LPAs in place will remove the burden from your family and help reduce the stress and cost to your family at a very difficult time.

09/02/23 – 2.30-3pm Meditation by Colin

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

16/02/23 and 16/03/23- Zumba 11.30-12.30



WARM HUB
OLD LYONIANS SPORTS GROUND
74 PINNER VIEW
HARROW HA14QF





NOTICE BOARD

North Harrow Circular Hikers

Hike around North Harrow on Fridays. We walk through parts of Pinner Park Farm and Headstone Manor Recreation Ground.

For more information visit [Harrow Health walks – Harrow Council](#)



Conversation Café lead by Allie Brice Carer Lead, Harrow Council

Bringing unpaid Carers and the people they care for together to have direct face-to-face support from adult social care. Held at different locations in Harrow, please email carers@harrow.gov.uk to receive updates from Allie.



Hospital Discharge Team



Our Hospital discharge service has extended their hours until 7pm Monday to Friday. We support patients to go home from hospital. I would like to welcome 3 new members of staff Rob, Mary and Zonya. Our team visit patients on the ward and will carry out an assessment and then will take you home in a taxi. This service is free of charge.

Remember to tell your GP that you are an unpaid carer

Let your GP know that you are a carer and ask if this could be registered on your medical record. All GP practices will have a carer registration form. As a carer you are entitled to a free flu vaccination and your surgery may also offer the following:

- Some flexibility with appointment times, for both yourself and/or the person you care for to accommodate your caring situation
- Agreement to share information about the condition of the person you care for (with their consent)



Strength and Balance Workshop

We have an exciting new Falls Prevention exercise workshop starting in February 2023.

Falls often affect a person physically and mentally – they can result in fractures and broken bones, but also in a lack of confidence and isolation.

This will be a six-week course will be led by Meena Shah, who is a highly experienced Occupational Therapist, with 40 years of experience. Meena will carry out gentle exercise sessions to help prevent falls. The course will cover the following areas:

- Osteoporosis
- Medication Management
- Balance
- How your hearing can affect falls?
- How your vision can affect falls?
- Footcare management

To book a place please email us at wellbeing@harrowcarers.org or give us a call at our office number.



Belated Happy New Year 2023 to you all.

In the Chinese zodiac the year of the roaring Tiger comes to an end and the year of the Rabbit begins. The Rabbit is historically known as the gentlest and most tender of the 12 animals of the Chinese zodiac. It is also known for its sense of calm and peacefulness. I hope that we can all share in this sense of calm and peacefulness for our own wellbeing and the wellbeing of others.

I would like to say a very big thank you to two of our unpaid carers, Louis and Rebecca, for helping out with our new adult carers archery sessions (taking place fortnightly on a Thursday at 74 Pinner View, 2.30pm to 4pm). Come along and give it a try, its fun and has proven benefit for mental wellbeing.

Louis has been a real champion in making sure that we are fully compliant with Archery GB regulations, including safety which is of great importance.

We have supported 2 adult carers and 2 young carers to be members of Archery GB along with training for the delivery of our fun and enjoyable archery taster sessions. 3 staff members and our fantastic Trustee, Dr Peter Beynon (one of the original founders of Harrow Carers) have also completed the training.

I would very much welcome ideas you may have about how we can fundraise for our services. We can be really creative with ideas and have a lot of fun for a good cause whilst doing so. Some fundraising examples: Indian Chai and Cake afternoon, sponsored walks for health benefits, quizzes, bric-a-brac sales, dance days, yoga days, meditation days, etc... If you have an idea you wish to share please do come in for a chat.

A few words from Louis, adult carer

Like most long-term carers, it is always a struggle to find time and something that you enjoy to distract you from your daily routine to give your mind, body and soul a chance to recover and recharge. Over the forty years that I have been a carer, I count myself lucky that I have found this a few times, the most recent was last April when Harrow Carers offered some Archery Taster sessions.

I first tried out Archery about 50 years ago whilst I was at high school, I was curious to see if it would still be as enjoyable as it was back then, I tried it and it was.

There are many benefits to Archery physically, mentally, and socially. For example, just by drawing the bow you are exercising various muscles, going backward and forwards to retrieve your arrows is also burning calories.

As Archery requires focus, which in turn provides active meditation as it quietens the mind, it helps you totally focus on yourself, the target, and the arrow. It's a great form of mindfulness.

Lastly, being with other people who are sharing the same interest is a good way to open up to different conversations from your daily routine and make new friendships.



OUR YOUNG CARERS

The causes of someone taking on caring responsibilities are varied. Many people with caring responsibilities often don't see themselves as carers but rather as a parent, spouse, son, daughter, partner, friend or neighbour. Our Young Carers' group meet regularly. The main aim of the group is to give young carers the opportunity to meet other young carers, offer support, plan activities, and have fun!



The last fun-filled session we carried out for our open-age club was a gingerbread cookie decorating activity. The kids were super excited to decorate their cookies and they wanted to have full control over their designs. The kids loved decorating and showing off their creative designs but their favourite part of the day was enjoying the cookies with their families at home.

Being able to spend some time socialising is really important for young carers, so they can make friends and have a break from their caring role.



YOUNG CARERS ACTION DAY 2023



This year's theme is Make Time for Young Carers

The purpose of the day is to raise public awareness of the challenges faced by young people because of their caring role, and to campaign for greater support for young carers and their needs.

Keep an eye on our website for updates on how you can get involved.

Our Young Carer team will shortly be sending out information on half-term week activities to our registered carers. For more info get in touch: youngcarers@harrowcarers.org

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**,

Harrow Carers Home Care service provides individuals and unpaid carers with help and support with tasks according to individual needs. Affordable, personalised quality care provided in your own home

Contact us today for more information and to book your free, no-obligation telephone consultation or pop in for a cuppa to discuss your needs and how we can help.

<https://harrowcarers-homecare.org>

03300 882224 / homecare@harrowcaeres.org



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

COULD YOU BENEFIT FROM HOMESHARE?



We have had an exciting month with some great referrals for new clients who are now enjoying the benefits of having a homesharer living with them, and enjoying nutritious dinners cooked by our homesharers.

How does it work?

We match Homeowners with potential Sharers using a thorough vetting process that starts with getting to know both well. Having an in-depth understanding of what a Homeowner's needs are means we can match them to the right Sharer. It's important to us to get it right, the first time. For full details of the process, please give us a call.

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>

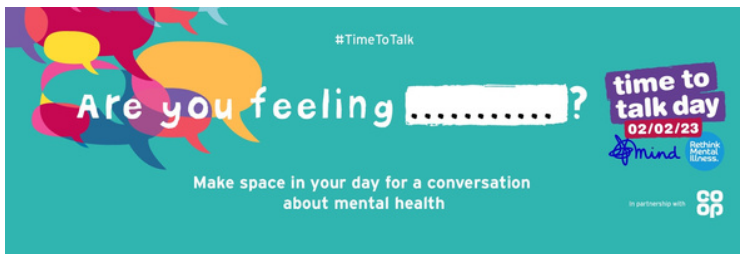
ENTERING 2023 WITH LOVE & POSITIVITY

HERE ARE SOME MOTIVATIONAL QUOTES TO START YOUR DAY



Thank you to T Kearney Skip Hire Ltd for supporting Harrow Young Carers

020 8903 0160



Counselling Services

Our counselling service offers a safe place for you to be listened to, without judgment, to help you understand your thoughts and feelings. We can help you make sense of what you're going through and support you with the difficulties you're experiencing. Please give us a call on 0208 868 5224 or email talk@harrowcarers.org for next steps.



USEFUL LINKS & CONTACTS

Getting help from the NHS: the NHS urges the public to get care when they need it..

Samaritans: if you need to talk to someone.

Mind in Harrow: Top tips on managing your mental health.

GOV.UK: What you need to know about coronavirus

Harrow Council: Council updates.

Carers UK: Expert advice, information and support

Ok Rehab: Specialise in addiction treatment.

OUR NEWSLETTERS WILL NOW BE ISSUED EVERY 2 MONTHS AND JAM PACKED WITH MORE INFORMATION AND ACTIVITES