



Hello Autumn

CEO'S MESSAGE

Dear Carers,

Hello and the warmest welcome to our October / November edition of the Harrow Carers' newsletter. In November we have our Annual General Meeting (AGM). This is a great opportunity to meet the team and find out about our work. On the same day, we will be celebrating Carers Rights Day which is about raising awareness of carers' rights and entitlements, to help you get the support you need. More information page 4

We are super proud of our Young Carers Team who achieved the London Youth Bronze Quality Mark this summer. We were told that no one passes the first time, but we did it! Congratulations to the team for achieving this level of recognition for their commitment to providing a safe, inclusive and high-quality programme for Young Carers across Harrow.

If you have suggestions for events, training or activities you would like to see from Harrow Carers, please let me know! We are always looking to improve and expand on what we do. I would welcome your ideas and feedback.

Thank you for reading our newsletter.

Charmian Boyd & the team
C.E.O



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



 @harrowcarers

 @harrowcarers

 @carer.harrow

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.

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 3rd October
at Harrow Carers Office**

Friendship Cafe

**Old Lyonians Sports Ground
every 1st Wednesday of the month
1:30PM – 3:30PM**

Sewing Classes*

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

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

Pilates

Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels. Beginners and improvers are welcome.

Please bring your own mat.

**Every Wednesday at Old Lyonians Sports Ground
11:30 AM – 12:15PM**

Please note that there is no Pilates on 4th October

Yoga

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

**Every Monday at Old Lyonians Sports Ground.
10:30AM- 11:30AM**

Qigong

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

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

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

SUPPORT GROUPS

Archery

Old Lyonians Ground
every 2nd Thursday
2.30PM - 4.30PM



Community Hub

Old Lyonians Sports
Ground
every Thursday of the month
12PM - 2PM

Venue Addresses

Old Lyonians Sports Ground,
74 Pinner View HA1 4QF

Harrow Carers Office
376-378 Pinner Road
HA2 6DZ

Carers Legal Surgery

Legal talk by Julian Stern from NICHOLLS CHRISTIE & CROCKER. Carers, family and friends are welcome to attend and gain information and advice.

18th of October from 6pm - 7.30pm .
Venue - Harrow carers
376-378 Pinner Road, North harrow, HA2 6DZ

We only have 15 spaces and encourage our carers to register their names as quickly as possible .
Email : wellbeing@harrowcarers.org

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.**

ELEVATE SELF-SUPPORT GROUP



Elevate Carers meet every Tuesday 11am-12.30pm. We alternate weekly from Zoom and (after a break due to restrictions) now back in person, in the Harrow Carers meeting room. This is a forum where unpaid Carers offload and support each other with our issues. We are primarily self-sufficient with Harrow Carers staff setting up the zoom platform or meeting room.

All unpaid carers are welcome

UPCOMING ACTIVITIES

COMING SOON

HARROW CARERS ANNUAL GENERAL MEETING - 2023

Invitation to all registered carers, trustees and volunteers
You are warmly invited to Harrow Carers AGM taking place on:

Thursday 23th November 2023, 11.00am – 12.30pm
At the Old Lyonians, 74 Pinner View, Harrow HA1 4QF



Please confirm that you wish to attend by telephoning Michelle on **020 8868 5224** or emailing **admin@harrowcarers.org** and we will send the agenda and accounts by email.

If you have any other requirements/needs that would enable you to attend and participate in this meeting please let us know and we will do our best to help. We look forward to seeing you on the day.

Carers Rights Day - Thursday 23th November 2023



Whether you are a new carer or have been caring for someone for a while, it's important that you understand your rights and access the support that is available to you as soon as you need it. Carers Rights Day is about raising awareness of carers' rights and entitlements, to help carers get the support they need.

To celebrate Carers Rights Day on Thursday 23th November we invite you to join us at Old Lyonian's Ground where there will be presentations from experts covering important topics and there will also be an opportunity for you to speak with professionals and to ask questions specific to your need(s).

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

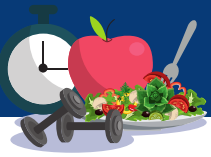
Thursday 23th November 2023, 1pm – 4pm
At the Old Lyonians, 74 Pinner View, Harrow HA1 4QF

Join us for Diwali Celebration!

Thursday 9th November 2023
11am-3pm, Old Lyonian's Sports Ground
Family members welcome

Please confirm your attendance to wellbeing@harrowcarers.org





YOUR HEALTH

5-week Dementia Carers programme.

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

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

Our next session will be starting on Tuesday 10th October, Please contact Roshanthi.Pereira@harrowcarers.org, if you are interested in joining this programme or would like to know more about the Dementia Carers Support Project

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 1.30 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

I am so happy to take part in the Dementia programme you conducted. I found it was a very educational programme. I am so thankful for you and take this opportunity express my view. I am so happy to tell you the following about the way you conducted this programme. Your dedication, spending your valuable time, and the effort you put forward to educate the carers to get to know about this sad sickness. You manage to show us in writing and through slides ,what is Dementia and how to treat our loved ones. You gave time for carers to have panel discussions, express their views, inviting professional people and gave us lectures. I learned a lot about Dementia and also told my friends about it. You taught us how this condition appears and how to treat people who are already suffering from this disease. As a carer I learnt a lot and to give you a very big thank you for the excellent programme you conducted. Thank you and I wish that you will be able to educate more and more carers in the future. Wish you all the best.

CARER – Mrs M.P

Hospital Discharge Team Northwick Park Hosptial



Our Hospital discharge service has extended their hours until 5pm Monday to Friday. We support patients to go home from hospital. Our team visit patients on the ward and will carry out an assessment and then will take you home in a taxi. This service is free of charge.

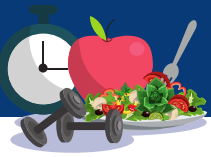
Care Homes Service

Having a family member or friend in or moving into a Care Home can be a worrying time. We are here to help support unpaid carers through these worries with expert support, advice information and guidance.

For further information please contact us **020 8868 5224** and ask for **Kanchan Vohora**
Mobile: **07719068412**
Kanchan.Vohora@harrowcarers.org

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.



Volunteer Community Health Champions

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



- Volunteers gain free access to Yoga, Pilates, Zumba, Qigong, Archery
- Take part in community campaigns
- Monthly support meet ups
- FULL TRAINING PROVIDED
- IMPROVED WORK PROSPECTS
- CERTIFICATE OF TRAINING

For more information email :
Colin.Powell@harrowcarers.org
www.harrowcarers.org

Healthy Harrow

We are working in collaboration with Healthy Harrow to promote wellbeing and health equality in our communities, raising awareness of diabetes and hypertension of diabetes and hypertension.

Healthy Harrow is a Community Champions programme that recruits members of the community to communicate health messages, share information and collaborate with our communities. The programme is also designed to tackle health inequalities across the borough.

Our dedicated team of volunteers will be out and about at various locations in Harrow generating awareness and signing up people for a free health check.

If you would like more information on how to become involved in this programme and become a Volunteer Community Health Champion please do make contact with
vandana.patel@harrowcarers.org

For more information on Healthy Harrow please visit
<https://healthyharrow.org.uk/>

We held our training for the first cohort of champions last week down at our offices on Pinner Road! It was amazing to see the dedication and passion among our volunteers. As a Volunteer Community Health Champion with Harrow Carers, you play a crucial role in helping us raise awareness of diabetes and hypertension in Harrow.

Become a community champion

You will receive all the necessary training and support to ensure you have a positive and secure volunteering experience so please get in touch if you are interested in joining us.

Vandana.Patel@harrowcarers.org or phone on 07719 068 413



Preventing Type 2 Diabetes in North West London

Living life to the full in North West London, Preventing Diabetes, videos, quizzes free remote and face to face

[CLICK HERE](#)

Breathing exercises for stress

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere. You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it by standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing. If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms. If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for at least 5 minutes.

Read about self-help guides, tools and activities that can improve your mental health on NHS website

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/>



Talking is good for your mental health. And talking about mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, we are here to help.



For you to colour in

YOUR MENTAL HEALTH

Action for Happiness

The mission of Action for Happiness is to help people create a happier world, with a culture that prioritises happiness and kindness.

We do this by helping people get together regularly (face-to-face where possible) to learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, both for themselves and others.

For further information on Action for Happiness - click [here](#)

Optimistic October 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- | | | | | | | |
|---|---|---|---|---|---|--|
| 1 Write down three things you can look forward to this month | 2 Find something to be optimistic about (even if it's a difficult time) | 3 Take a small step towards a goal that really matters to you | 4 Start your day with the most important thing on your to-do list | 5 Be a realistic optimist. See life as it is, but focus on what's good | 6 Remind yourself that things can change for the better | 7 Look for the good in people around you today |
| 8 Make some progress on a project or task you have been avoiding | 9 Share an important goal with someone you trust | 10 Take time to reflect on what you have accomplished recently | 11 Avoid blaming yourself or others. Find a helpful way forward | 12 Look out for positive news and reasons to be cheerful today | 13 Ask for help to overcome an obstacle you are facing | 14 Do something constructive to improve a difficult situation |
| 15 Thank yourself for achieving the things you often take for granted | 16 Put down your to-do list and do something fun or uplifting | 17 Take a small step towards a positive change you want to see in society | 18 Set hopeful but realistic goals for the days ahead | 19 Identify one of your positive qualities that will be helpful in the future | 20 Find joy in tackling a task you've put off for some time | 21 Let go of the expectations of others and focus on what matters to you |
| 22 Share a hopeful quote, picture or video with a friend or colleague | 23 Recognise that you have a choice about what to prioritise | 24 Write down three specific things that have gone well recently | 25 You can't do everything! What are your three priorities right now? | 26 Find a new perspective on a problem you face | 27 Be kind to yourself today. Remember, progress takes time | 28 Ask yourself, will this still matter a year from now? |
| 29 Plan a fun or exciting activity to look forward to | 30 Identify three things that give you hope for the future | 31 Set a goal that brings a sense of purpose for the coming month | | | | |

ACTION FOR HAPPINESS

Happier · Kinder · Together

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



ADVICE AND BENEFITS

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 (Radha or Anne) on 020 8868 5224 for specialist support and guidance.

Protecting your State Pension as a carer

If you're not paying National Insurance due to your caring responsibilities, you may qualify for National Insurance credits instead. These credits help fill in any gaps in your National Insurance record so that your caring role doesn't affect your ability to qualify for the State Pension when you reach pension age.

If you are on Carer's Allowance you get Class 1 credits automatically. Class 1 credits count towards your State Pension and can help you to qualify for other contribution-based benefits such as new-style Jobseeker's Allowance.

If you are on Income Support, Universal Credit or are registered for Child Benefit for a child under 12 – even if you don't get a payment due to the income limits – you get Class 3 credits automatically. Class 3 credits only count towards your State Pension.

If you are a carer but are not on one of these benefits you may qualify for Carer's Credit to get Class 3 credits.

You can [check your National Insurance record on the GOV.UK website](#) to see what you've contributed so far, credits you've received and if there are any years that won't count towards your State Pension due to gaps in contributions or credits.



NHS
North West London

Covid-19 Vaccinations

Autumn Booster Campaign

- All adults aged 65 years and over
- Residents in care homes for older adults
- People aged 18 to 64 years in a clinical risk group.
- Frontline health and social care workers (employee photo ID required)
- People aged 18 to 64 years who are household contacts of people with immunosuppression.
- People aged 18 to 64 years who are carers, and staff working in care homes for older adults

Walk in clinic

Tuesday 10th / 31st October
10am-4pm at New Bentley
Neighbourhood Resource Centre
Christchurch Avenue
HA3 5BD

Covid Autumn Booster Vaccine and Flu Vaccine 2023

Free for Carers and Care Support Workers
eligibility for the vaccine this autumn.

**Covid autumn booster vaccine 2023:
Everything you need to know - Department of
Health and Social Care Media Centre
([blog.gov.uk](https://www.blog.gov.uk))**

<https://www.nwlondonicb.nhs.uk/your-health-services/Covid-19/where-get-your-vaccine>

And for flu vaccine
Flu vaccines for the 2023 to 2024 season -
[GOV.UK \(www.gov.uk\)](https://www.gov.uk)

ADVICE AND BENEFITS

ULEZ EXEMPTIONS



Some drivers and vehicles qualify for at least a temporary 100% discount from the Ultra Low Emission Zone charge (ULEZ). Others are entirely exempt.

Vehicles for disabled people Blue Badge holders need to pay the ULEZ charge unless their vehicle meets the ULEZ emission standards or is registered for one of the following three grace periods (temporary exemptions).

1. 'Disabled' and 'Disabled Passenger Vehicle' Tax Class grace period

Disabled people whose vehicles are registered with the DVLA as having 'disabled' or 'disabled passenger vehicle' tax class benefit from a grace period which exempts them from paying the ULEZ charge until 24 October 2027. This is valid as long as their vehicle doesn't change tax class.

[Read the eligibility criteria for the disabled tax class exemption.](#)

NHS Patients

When you can reclaim your ULEZ charge

You can reclaim your ULEZ charge if you are attending a hospital appointment and:

- have a compromised immune system or
- need regular therapy or assessment or
- need recurrent surgical intervention and
- have been clinically assessed as too ill, weak or disabled to travel to an appointment on public transport.

Your hospital doctor or the healthcare professional who is seeing you will check whether you meet these criteria and are able to reclaim the charge.

You must reclaim your ULEZ charge within three months of your appointment.

<https://www.lnwh.nhs.uk/ulez/>

For people who do not have the internet:

Call 0343 222 2222 and ask for a paper form to be sent to you, which you can complete and send back to them.

For people with the internet - they can set up an account, login and complete online: [ULEZ EXEMPTIONS](#)

Disabled people over state pension age whose vehicle does not have 'disabled' or 'disabled passenger vehicle' tax class can apply directly to TfL for the grace period if they:

- Are in receipt of Attendance Allowance AND
- Hold a Blue Badge



Belmont SNT - ULEZ SCAM

Dear Watch Member,

London's Ultra Low Emission Zone (ULEZ) has expanded, with drivers across the capital - and those visiting - facing a daily charge of £12.50 if their car doesn't meet the required emissions standards. A member of the public has inadvertently paid a dodgy company that appeared as 'Ulezpayservice' on their bank statement, rather than the official TfL website.

Their bank later informed them that this retailer had set up a continuous payment authority (allowing them to take recurring payments) that has since been cancelled.

Here's how to spot a ULEZ scam and what to do if you've already made a payment.

[Click Here](#)

PLANTING BULBS FOR CHRISTMAS AND SPRING

Summer sadly is turning to autumn. Now is a great time to be planting bulbs for Christmas and through into the spring. Why not bring the beautiful flowers and scent from paper white daffodils into your home for Christmas by planting now. You can plant these bulbs (which are not hardy enough for outdoor planting) in pots or bowls. You can use a general-purpose peat free compost, ideally with grit added for drainage. Often the bulbs are planted in gravel or any medium such as gravel, small stones, glass pebbles or polished glass pieces as the bulbs contain all the nutrition needed to produce leaves and flowers. If using compost, it's a good idea to dress the surface with gravel or small pebbles to retain moisture and for a more attractive look. A great idea is to put twigs in these containers as they will help to support the quite large leaves and flower stems.

Once planted keep the containers in a cool room. As soon as the leaves begin to appear they will need to be kept on a windowsill so that they get daylight. These bulbs will flower within four to six weeks of planting, so plan for Christmas if you want the flowers for that period. Plant at the end of October. Once they have finished flowering the flowers can be cut off, and the leaves allowed to die down naturally. Then keep the bulbs in a dry, cool place until ready to be planted the following year.



Other bulbs can be planted into the garden or pots for a welcome display in the spring. Larger pots can be planted with layers of bulbs. This is called "lasagne planting". Plant the largest bulbs such as tulips a good six inches from the top, then just cover with compost and plant the next layer such as daffodils, cover again and plant the final layer such as miniature daffodils or grape hyacinths.

Cover with a layer of gravel to reduce weeds, and pots should be covered with wire mesh to prevent mice or squirrels from digging up your hard work! It is always best to remove flowers to maintain the health of the bulb and allow leaves to die back naturally as they will feed the bulb for next year. Potted bulbs can be planted into the garden.



NOTICE BOARD

Digital Resource for Carers

NHS England are giving all unpaid carers in England free access to Carers UK's Digital Resource for Carers, an online platform that hosts a wealth of information and advice for carers to help them build resilience in their caring role. You will need to register using the link below and enter the passcode.

www.carersdigital.org/login/index.php
Passcode: DPCN9640

Stop & Grow Project

Do you enjoy gardening? Then why not join the Gardening Project on The Ridgeway in West Harrow/Rayners Lane?

The Stop and Grow Project is run by Harrow Council. It aims to help improve mental health and wellbeing, encourage physical activity, and reduce social isolation through gardening and horticulture as part of a supervised group. If you would like to be referred over to the project please email wellbeing@harrowcarers.org or telephone 020 8868 5224.



Are you looking for a venue for your event?

Then we have the perfect place for you. Situated on beautiful, lush grounds, indoor and outdoor space available - ideal for the perfect event!

Old Lyonian Sports Ground,
74 Pinner View, Harrow HA1 4QF
Speak to Colin for more information.



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

CONVERSATION Cafe

Accessible Information & Advice Services

Informal Event for Unpaid Carers



Every Tuesday

1pm - 3pm



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

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

EVERYONE WELCOME

Making Every Conversation Count



IN THE SPOTLIGHT

Komal, has been teaching Hatha Yoga for the past 25 years. An early exposure to the Yoga practice since the age of 10 years, she feels blessed the way it has impacted her own personal life. She healed her hay fever, Asthma and dealt with her illness of having brain tumour operation with no fear in 2019. Yes, unbelievable. Her regular practice of Yoga , has really made her mind stable with clarity, no matter what the circumstances may be.

As she says, Yoga not only gives strength and flexibility, it leaves one with something more powerful. It's the stable state of your mind through breathwork. Komal has taught Yoga at many different places like, the Bank of England, Fitness First, David Lloyds, Charity events, Open-Age and many daycare centers which has given her the experience of what people are really seeking for in their lives and as we all know, no two days are the same, so goes with the mind of every individual. Being sensitive to people's abilities and circumstances enhances her expertise in understanding at a deeper level to give her best what's needed.



Komal, specializes in teaching Hatha Yoga, which she explains in simple words, it's learning like an alphabet of any language. Once the foundation is made strong, one can be built anything. Like making words, sentences and even paragraphs, exactly like making a sequence of Yoga poses.

Her expertise in teaching Laughter Yoga and Chair Yoga brings a sense of aliveness and fun. As it includes Laughter of course, at the same time combining with synchronised movements and throughout the session working with controlled breath work.

Komal, takes privilege of her 25 years of teaching Yoga to share her experience with every individual to their ability to perform in life and live a happy healthy life. As life is happening now. With her contribution and others dedication, every practitioner will walk away with inner smile true to themselves. The wait is over and now see what is possible.



COULD YOU BENEFIT FROM HOMESHARE?



Novus Homeshare brings together people with spare rooms with people who are happy to chat and lend a hand around the house in return for safe, secure, affordable accommodation. For full details of the process, please give us a call

If you know someone who may benefit from this service, please let us know or ask them to give us a call on 03300 88 2225 or visit <https://www.novus-homeshare.org.uk>



New hospital service for carers

A hospital admission can be a worrying and confusing time for patients and their relatives, but when the person you are caring for is the one being admitted, carers often are put under additional pressure. Many carers feel that there is a lack of understanding, involvement, support and communication from hospital staff. Unpaid carers may not even be recognised, since they are often not included in the information held for the patient. It is important that you make yourself known as a carer so that both the patient and you, get adequate support.

Harrow Carers has been awarded an NHS-funded project to support unpaid carers through a new full-time post based at Northwick Park Hospital. Simon Joshua, the lead on this new project, was himself a carer for his parents for over a decade and therefore understands the challenges that many people experience. He can register carers and support them throughout the admissions process, the stay in the hospital and then discharge. Many patients and carers need assistance with communication between medical teams, nursing staff, social services and the discharge team. This can avoid potential issues that may hold up discharge, but it will make these processes easier.

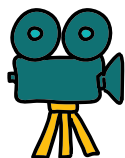
Simon has quickly realised that many teams within the hospital may not always have time to involve carers in what is happening. Sometimes, just meeting face to face will speed up the resolution of some issues. He is available as a point of contact for carers throughout the stay in the hospital and following discharge. Harrow Carers can support with advice on services available to carers in Harrow, benefits, communicating with social services, establishing wishes for discharge and agreeing support at home, and ensuring that the needs of dependents and carers are met. Carers must be properly supported so that they can continue to provide the invaluable care that they give to their family member or close friend.



Simon Joshua
Hospital Carers' Lead Support
(Harrow Carers)

Harrow Carers recommends that every family develops an advanced care plan, so that patient, family and professionals are kept informed, and communication is facilitated once in hospital. Simon had this for his mother and was invaluable when provided to the hospital staff to inform them about medications, likes and dislikes, contacts and a summary of care needs, as well as the role as primary carer at home. If this is something that you would like more information about, please get in touch and we can help you.

The hospital carers support service has already assisted many carers and is championing the role that unpaid carers have within the hospital system. It is supporting more appropriate discharge plans and ensuring that the needs of patient and carers are met. With unpaid carers saving the UK economy an estimated £445 million a day, it is so important that they are properly supported in the interest of the family, the patient and particularly the carer.



For more information watch this video on our hospital discharge service

<https://www.youtube.com/watch?v=Gsz8UGmq5ks>

SERVICE UPDATES

YOUNG CARERS

After 10 months of hard work, we are excited to celebrate that our Young Carers Team was awarded the London Youth Bronze Quality Mark! It is a nationally recognised quality mark that is accredited to organisations that deliver the highest standard of youth work across London.

What is the Bronze award for?



The Bronze Quality Mark is a quality assurance framework that provide youth organisations with a badge of excellence. The process is comprehensive and is based on a variety of criteria such as outcomes and aims for young people, safeguarding, diversity and inclusion, health and safety, partnerships, leadership and charity governance.

London Youth's goal for organisations is for a journey of continually improving polices, procedures and programmes following best practice.



YOUNG ADULT CARERS

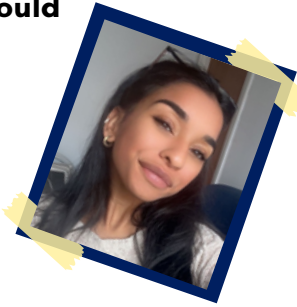
We had two of our Young Adult Carers leading a joint Archery workshop between Carers Trust Hillingdon and Harrow Carers.

Our two qualified Archery Instructors, Keisha Lamptey and Meera Bronder, pulled together a fantastic Archery workshop that took place on Friday the 8th September in the early evening. It was a great success and we look forward to future YAC lead workshops. Well done ladies!

We continue to welcome new young adult carers to our weekly clubs where we have the option of attending boxercise with Natalie and later, indulging in pizza and other goodies that we prepare with our new air fryer. This is a great opportunity for our young people to come together and socialise with their peers who have similar caring responsibilities. We have had a few young adult carers coming out of their shell and interacting more through the Youth Social Action project that our YACS are engaged in for another two weeks

Introducing our new Young Carers Manager Tianae Gould

Hello to all our lovely Young Carers, Parents and Guardians!



My name is Tianae, better known as (Tee), I am excited to share that I am taking over from Phill as the new Young Carers Manager here at Harrow Young Carers.

I am incredibly passionate about our Young People. With an Honours degree in Psychology, and approx. 7 years of experience supporting young people - I knew this was something I had to do. Please feel free to get in touch with me or the team if you have any questions or queries regarding anything at all. I hope to see you all very soon.

I look forward to further developing our services so that you receive the best support possible.

If you feel you are a young carer call us on 0208 868 5224 (ext. 226). Alternatively, email us at youngcarers@harrowcarers.org

Follow us on Instagram: @Harrow.YoungCarers for updates and pictures from events!



FINAL NOTES



Do you need extra help at home?

Our live-in Care service provides around-the-clock support and companionship to individuals who prefer to receive care in the comfort of their own homes. enabling you or your loved ones to maintain independence and high quality of life. At Elite Specialist Care, your care package is always fully tailored to meet your personal needs.

Speak to us today 020 8863 9134 / 03300 882224 / info@elitespecialistcare.org

Home Care Services

Our Home Care service provides professional, friendly, person-centred support and care in your own home.

Leave a gift in your will

By choosing to make a gift in your will to Harrow Carers you can affect change for unpaid carers long into the future. Leave a lasting legacy today.

Caring will affect all of us at some point in our lives, that's why including a gift in your will to Harrow Carers is so important. Your gift will enable us to keep working towards a society in which carers are respected, valued, and supported.

Please give us a call for further information.



JOIN OUR WHATSAPP BROADCAST

Join our WhatsApp for carers which will be used to provide updates on events and reminders. Please text 'join whatsapp group' to

07736 923 442

with your full name and carer card number. You will then be sent an invitation link to join.

Stay in touch

If you use email, make sure you're signed up to receive our monthly e-mail news bulletin. Every month we'll send you up-to-date, useful information for carers. Subscribe by contacting us at: admin@harrowcarers.org or **020 8868 5224**

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

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 ACTIVITIES