

HARROW CARERS NEWS

WINTER 2024 EDITION

2024

CEO'S MESSAGE

Dear Carers,

We hope that you are keeping well and looking forward to the return of spring after this winter season. As we begin 2024, we cannot believe how fast time has flown. We know that Christmas can be a challenging time of year for many carers, but we hope that everyone enjoyed the festivities, whatever that looked like for them.

This year, we have some exciting events, including Young Carers Action Day, International Women's Day, and free health checks. Our warm hub is open every Thursday, where carers can come to learn basic IT skills, socialise, have a bite to eat, and keep warm. More details about the hub, clubs, and activities can be found inside.

We will also continue to provide information and advice. We are reviewing our digital experience and customer journey so that we can become more accessible and inclusive thus better supporting all unpaid carers in Harrow. If you have experience and are interested in helping us to transform our services, please get in touch.

We look forward to meeting and supporting you in the new year.

Thank you for reading our newsletter.

Charmian Boyd, CEO, and the Team

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Information on our other services we provide; Young Carers update, 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

 @harrowcarers

 @carer.harrow

WEEKLY ACTIVITIES

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

MONDAY

Yoga - 10:30AM-11:30AM - Old Lyonians Sports Ground

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.

No Session on 12th February

TUESDAY

Elevate Support Group - 11:00AM-12:30PM

A self-supporting group open to all Unpaid Carers. Every Tuesday.

Alternating weeks between Zoom and face-to-face.

Next session 30th January on Zoom

WEDNESDAY

ZUMBA with Marina - 10:15AM-11:15AM Old Lyonians Sports Ground

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- including bhangra!

Every Wednesday

WEDNESDAY

Pilates - 11:30AM - 12:15PM Old Lyonians Sports Ground

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.

WEDNESDAY

Sewing Club - 2:00PM - 4:00PM Harrow Carers Office

Our sewing classes are held every other week

*Please bring along some cotton material, a needle & thread, scissors, pencil & paper **Next class is on 7th February**

WEDNESDAY

Friendship Cafe - 1:30PM - 3PM Old Lyonians Sports Ground

Every **1st Wednesday** of the month
Only for Dementia Carers and Cared for.

WEEKLY ACTIVITIES

THURSDAY

Warm Hub - 11AM-3PM Old Lyonians Sports Ground

Every Thursday. A safe place for our Carers and Cared for to have a warm lunch, use the free wi-fi, take part in well-being activities and have fun. Digital / IT classes to help our carers get online and comfortable to use their own devices (smartphone, tablet, laptop). To join our IT classes please register by emailing us on prithamukherjee@harrowcarers.org

THURSDAY



Archery 3PM - 5PM Old Lyonians Sports Ground

Sessions will be held fortnightly (alternate Thursday).

Upcoming session on 8th February 2024

FRIDAY

Qigong - 1:45PM - 3:00PM Old Lyonians Sports Ground

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

Venue Addresses

- **Old Lyonians Sports Ground, 74 Pinner View, HA1 4QF**
- **Harrow Carers Office, 376-378 Pinner Road, HA2 6DZ**

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 fourth Friday of the month from 1.30 to 3pm.

Online on Zoom every second Friday of the month from 1.30 to 2.30pm via:

<https://zoom.us/j/99301850653?pwd=anhEdnB6M0tHTDhOSTAySjBoSHdUZz09>

Meeting ID: 993 0185 0653 / Password: 905117

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

NEW EVENTS AND COURSES

5 Week - Wellbeing and Self-Care Course

Our Self-Care and Personal Wellbeing Course offers a journey of self-discovery by teaching the importance of self-care, how to make it a daily routine, and techniques for mindfulness, reducing stress and anxiety, and preventing burnout. It's time to prioritise yourself! **Dates: Every Tuesday starting 5th March for 4 weeks 1-3pm at Old Lyonians Ground, 74 Pinner View, HA1 4QF**

Tuesday 2nd April 11-1pm for massage treatment (15 mins per carer)

Week One - Tuesday 5th March Relaxation Workshop

- Introduction & aim of workshops
- Chi Gung stretching.
- Mindful Breathing exercise
- Tips & Tricks to aid relaxation
- Guided sound meditation

Week two - Tuesday 12th March Resilience Building

- Review of Week 1
- Chi Gung stretching.
- Mindful Breathing exercise
- Tips & Tricks to Build Resilience
- Guided sound meditation

Week three - Tuesday 19th March Mindfulness and Self-care

- Review of Week 2
- Mindful Breathing exercise
- Introduction to Self-Care
- The Self-Care Wheel
- Self Care sound meditation

Week four - Tuesday 26th March Mindfulness and Self-compassion

- Review of Week 3
- Mindful Breathing exercise
- Introduction to Self-Compassion
- Self-Compassion Practice
- Self-Compassion Meditation

SELF LOVE

Week Five - 2nd April
Booked massage treatment.

8 carers max to book a place
Contact disha.patel@harrowcarers.org or call 020 8868 5224

A one off £10 charge (carers must attend all 4 sessions to access massages in week 5)

Monday 12th February
Cancer Information Session
from 11am to 12pm



Voluntary Action Harrow Co-op In partnership with **WE ARE MACMILLAN CANCER SUPPORT** **HEALTHY HARROW** Championing Health & Wellbeing

Cancer Information Session for Harrow Carers

Join us on **Monday 12th February at 11am** in **Harrow Carers Activity Hub** to find out about cancer care services and information

To register please call on 020 8868 5224 or email: wellbeing@harrowcarers.org

Venue: Old Lyonians Sports Ground, 74 Pinner View, Harrow HA1 4QF

www.healthyharrow.org.uk



Digital Classes
Free for unpaid carers.
Come and join us, learn new skills and have some fun.

- Laptops provided
- Bring your smartphone
- Getting on-line
- Emails
- Using apps
- WhatsApp
- Facebook
- YouTube

Venue: 74 Pinner View HA1 4QF

Day: Thursday Time: 1pm to 3pm
Tel: 02088685224
Contact: Pritha.Mukherjee@harrowcarers.org

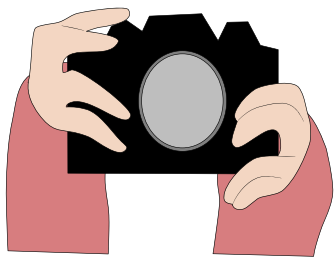
Harrow Carers Inform, Support & Empower

Gmail WhatsApp Facebook YouTube

Digital Classes - Thursdays at 1pm to 3pm

Venue : Old Lyonians Ground, 74 Pinner View, HA1 4QF.
To register please email: wellbeing@harrowcarers.org

NEW EVENTS AND COURSES



Online photography session starting on 30th Jan 2024

Exciting opportunity of Online Photography Workshops for our Adult and Young Adult Carers (18 years plus) starting on 30th January. It is a 6-week course every Tuesday afternoon between 1 - 3:15pm online. This is going to be carried out by one of our delivery partners Create Projects, who we have been working with on quite a few projects in the past years. To register please email pritha.mukherjee@harrowcarers.org. Limited spaces on a first come, first served basis. So come on hurry up and register. Look forward to some fun sessions together.

Event: Online (ZOOM) Photography Session
Start Date: Tuesday, 30th Jan 2024
End Date: Tuesday, 5th Mar 2024
Duration: 6-weeks
Time: 1:00 to 3:15 pm
Online Zoom (we will send you details once you register with us).

Hello to everyone! I simply wanted to express how wonderful the previous months have been and how lovely it was to meet so many amazing carers. Please don't hesitate to get in touch if you need any support or have any questions.



*Wishing you all a great 2024
Pritha, Carers Outreach Support*

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

A vertical poster for a photography workshop. The background is a blue sky with a large, dark, coiled spring in the foreground. The word 'PHOTOGRAPHY' is written vertically in large, red, sans-serif capital letters on the left side. At the top right, there is a logo for 'Harrow Carers' with the tagline 'Inform, Support & Empower'. Below that is the 'CREATE' logo with '20 YEARS OF SPARKING CREATIVITY' underneath. The main text reads 'creative:voices' in a white, lowercase, sans-serif font. Below this, the dates 'Tuesdays 30 January, 6, 13, 20, 27 February, 12 March 2024 1pm - 3.15pm' are listed in red. A question 'Are you an adult carer and interested in creating your own art work?' is followed by 'Come and join in Create's online workshops!' in white. A paragraph in white text says 'Work with Create's professional artist to explore your creativity and experiment with photography to make unique pieces of artwork, all from home.' At the bottom, it says 'LIMITED PLACES AVAILABLE' in red, followed by contact information for Pritha Mukherjee in white. On the right, it says 'Support by Comic Relief The Smile Fund' and '@createcharity www.createarts.org.uk' in white.

UPCOMING ACTIVITIES

Care Home Service Events



Are you thinking about moving your loved one to a care home?

Join us at our first networking meeting on Tuesday 6th February 2024 from 2pm-3.30pm At Harrow Carers Offices – Pinner Road

Moving someone to a care home especially a loved one or even yourself is a big decision. Care homes can be temporary for respite only. Do remember it does not have to be a one way trip into a care home. Thinking through positively and creatively can lead to the best outcomes.

Come along and learn more about how to make the decision to move to a care home, and how to ensure the best outcome for your loved one.

Contact Harrow Carers 020 8868 5224 to book your place now or call to speak to Kanchan on 07719068412

Are you supporting someone living in a care home? Do you have worries and concerns? Feeling isolated?

Join us and others and share in a safe space over a coffee on Tuesday 13th February 2024. From 2pm-3.30pm At Harrow Carers offices, Pinner Road

Take courage. There is help, you are definitely not alone. Take control be part of something positive.

Feeling alone or isolated is hard – networking with others at different stages, familiar with the workings of home and with supporting someone in a care home can be beneficial for you. We know that you are providing a valuable role in the care of your loved one. We want to support you in this.

UPCOMING
EVENTS

Exciting Upcoming Events You Won't Want to Miss!

4th Mar 2024. Time: 11:00am till 2:00pm. International Women's Day OL Celebrating International Women's Day on Monday

14th Mar 11.00am BMI Checks and Pharmacist Session OL BMI / Health Checks

18th Mar 12.00pm Strength and Balance workshop OL Strength and Balance 1-hour session

COMING SOON



Male carers trip to Bentley Priory Museum and Pub Visit, 13 spaces.

Friday 19th of April. Leaving from 74 Pinner View 10.30am, returning to 74 Pinner View 3.30pm.

£10.00pp to pay for entry and contribution to minibus hire. Bring a packed lunch, "Tallyho!"

First come first served booking basis.

So save these dates! More information to follow in our next bulletin. Register your interest for any of the events by phone 020 8868 5224, or email wellbeing@harrowcarers.org

ADVICE & BENEFITS

Our Information & Advice team have supported in excess of over 300 Unpaid Carers during 2023. They have provided benefit advice which includes completing benefit forms such as Attendance Allowance, Carers Allowance, Disability Living Allowance, and Personal Independence Payment for our carers to support them with their caring role as Caring often brings unexpected costs and it can be difficult to make ends meet, especially if you have had to give up work or reduce your hours to care. Our Carers have been awarded over £225,000 in benefits that we have supported them with over last year.

We have also supported our Carers with grants through our Network partner Carers Trust.

For information on income-related benefits, contribution-based benefits,

- [Turn2us benefits calculator](#)
- [Policy in Practice better off calculator](#)
- [entitledto benefits calculator](#)

These Benefits Calculators help people to gain access to welfare benefits, charitable grants and support services.



harrowwins
Give a little, win a lot

supporting

Harrow Carers
Inform, Support & Empower

WE'VE LAUNCHED OUR LOTTERY PAGE

Buy Your Tickets From Our Page - We Get 50%

- We now have a Harrow Wins page!
- Support local causes and win prizes of up to £25,000!
- 50% of all tickets sold from our page go to us!
- PLUS 10% goes to other local good causes!
- Tickets only cost £1 per week!
- Support us and win prizes - WIN WIN!

To Start Supporting, Visit:
www.HarrowWins.co.uk
And Search For:
Harrow Carers

Supporters must be 16 years of age or older

Our Befriending Service for Carers



Our befriending service is off to a flying start. We had an enthusiastic response to our recruitment drive for volunteers. We have six befrienders on board, ready to be placed with our elderly carers in a couple of weeks.

Many of our elderly carers suffer from loneliness and social isolation. For them, seeing someone for a cup of tea and a chat will be a lifeline – a link to the outside world.

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, Befriender Co-ordinator kalpana.mehta@harrowcarers.org

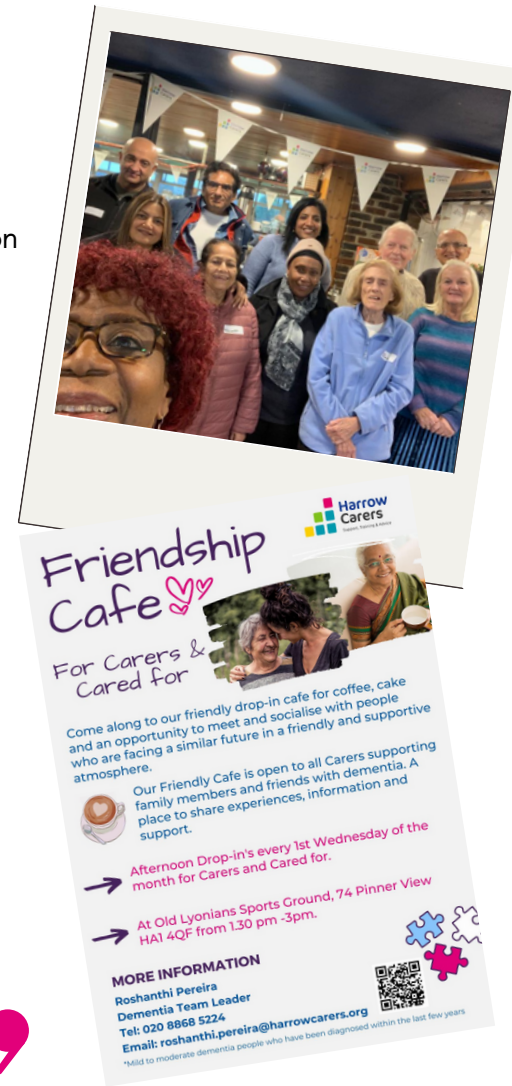
LOOKING AFTER YOURSELF

Providing Assistance for Dementia Carers

We are continuing to receive excellent feedback from the 6 Week Dementia programmes that we have been running.

Carers feel that the programme has made a difference in providing information and support and, importantly, putting them in contact with other Carers who are looking after loved ones with Dementia. Next Programme in April 2024. Email: Roshanthi.pereira@harrowcarers.org for further information

We also invite you to our Friendship Cafe every 1st Wednesday of the month 1:30-3pm at Old Lyonians 74 Pinner View, HA1 4QF. This is an open invitation to all carers and their loved ones with Dementia. We have planned a lot of entertainment, so come and join us!



I attended the Harrow Carers group regularly on Tuesdays. The information received from all the speakers have helped me immensely to understand the nature of the illness and how to cope with physical and emotional situations with my husband who suffers from Alzheimer's Dementia. The care and support received from all the members of the team is appreciated a lot. Hopefully this valuable work will continue.

Hospital Discharge Team Northwick Park Hospital



Our Hospital discharge service. We support patients to go home from the hospital. Our team visit patients on the ward and will carry out an assessment and then takes 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

LOOKING AFTER YOURSELF

Living with loss

Grieving well?

What does that even mean?



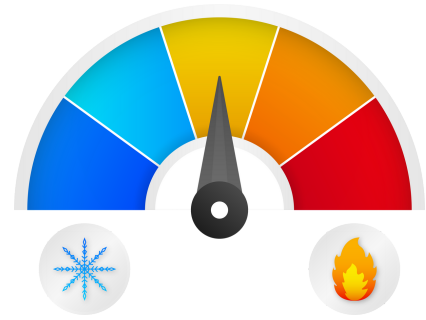
Come join us on Tuesday 8th February 2024 at Harrow Carers Office Main Hall from 1-2:30pm.

Loss of a loved one comes with many emotions depending on relationship, events and circumstances. There are no easy words or short cuts walking this road.

If you have lost a loved one recently or you are still in a place of grief, this event is for you. If you are coming out of the hard space then this event welcomes you too. This is a time for you all and us to begin to walk a different path with memories and hope.

At Harrow Carers we understand and want to say we are here for you. We have trained counsellors; our activities and staff are accessible to help and support you.

To book a place in the workshop please contact: disha.patel@harrowcarers.org or call the office.



Keep warm and get help with heating. Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

Carer Quote

A big thank you to Harrow Carers for all the support services, love and care provided to carers and the public . This has helped me de-stress ,socialise and has been a learning experience for me .

Share Your Talents and Personal Experiences

We invite you to share your personal stories and abilities with us! From cleaning hacks to culinary expertise, advice, or comedy, we want to hear it all. Submit your stories via email or written submissions.



FREE
HEALTH CHECK
Every Saturday



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

Call to book or email
T: 02088685224
E: admin@harrowcarers.org

Re-Cycled Teenager by Bipin Dattani

The Covid-19 pandemic accelerated the use of digital consultation by the NHS and GP surgeries in Harrow have recently adopted PATCHS+ and require patients to request medical help using online methods.

Unfortunately, a proportion of patients in Harrow are digitally excluded and cannot access any of these online resources. Good Things Foundation estimates that approximately 20% of the UK population are digitally excluded.

For example, Healthsense PCN serve around 80,000 patients across their seven GP surgeries, which means that around (20% of 80,000 =) 16,000 patients may be digitally excluded. This can also lead to social isolation, anxiety and depression within this vulnerable group. Our Diabetes Digital Inclusion (DDI) programme is designed to address that.

Supported by NHS and Good Things Foundation, Mr Bipin Dattani and his team have been running the DDI programme since April 2020. Having started at Wealdstone Methodist Church, they have expanded their training to several other locations in Harrow and within NW London.

The participants are encouraged to learn on their own device(s), if possible, or are provided one on loan during the classrooms.

They are taught various things, including Google Search, YouTube, ZOOM, WhatsApp, knowdiabetes.org.uk and LearnMyWay.

At the end of the course, the participants are affectionately called, "Re-cycled Teenagers" and encouraged to progress to Intermediate-Level classes (via ZOOM).



One Re-Cycled Teenager, who started in April 2020 at the age of 89, is still attending these classes and seems to love the experience. At the age of 92.5, she has progressed to the role of Class Assistant and encourages and teaches younger participants - proving that AGE IS JUST A NUMBER 😊

Many Re-Cycled Teenagers say their new IT Skills have transformed their lives for the better and helped to address the serious issues of social isolation, anxiety and depression. They are all connected via WhatsApp group (which is really buzzing each day) and also ZOOM.

Each month, the Re-cycled Teenagers are encouraged to organise a KARAOKE Singing party, which employs the principles of FUN AND LEARN.

Bipin will be teaching our carers the basics of IT at our Warm Hub on Thursdays. To register, please call Pritha on 020 8868 5224 or email pritha.mukherjee@harrowcarers.org.



NOTICE BOARD



Harrow Parent Carer Forum
Our strength is our shared experience

We are a friendly, supportive community of families who have children or young people with special needs or a disability that live in the borough of Harrow.

Our Steering Group are all parents that have children or young people with special needs or a disability. We represent the parents of children and young people up to the age of 25 with **any** form of SEND or health needs, both pre and post diagnosis, including those in mainstream schools, and we pass on their views to local professionals to help shape local services.

Keep up to date on our social media pages

f HarrowParentCarerForum
HarrowParentCarers

t @HpfHarrow

f HarrowSendNoticeboard
The Harrow SEND Noticeboard has regular local and national news updates and information

i 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).

CONVERSATION Cafe

Accessible Information & Advice Services

Conversation Café is all about giving Harrow residents somewhere to talk and find support.

A dedicated team, comprising of Council officers, charities and voluntary organisations welcome the opportunity to meet with residents and offer information, advice and support.

To find out more, and find a venue near to you
Visit: www.harrow.gov.uk/conversationcafe
Email: conversation.cafe@harrow.gov.uk
Call: 020 8863 5611



You can find conversation café at

**St Peters Church,
Colbeck Road, West Harrow, HA1 4BX
Every Tuesday from 1pm to 3pm**

Everyone is welcome to drop in for a chat.

Harrow Council staff will be available on the last Tuesday of every month at Conversation Café at St Peters Church, Sumner Road, West Harrow, HA1 4BX for Financial assessments, no appointments required

Healthier Habits in 2024

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 counseling to help and support you. Speak to us and find out how we can help

Harrow Talking Therapies: Find support tailored to your needs to manage stress and enhance your mental well-being. Visit [Harrow Talking Therapies](#).

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](#)

OUR YOUNG CARERS



After-school clubs

Mondays Term time: Youth 14-18yrs, 4-5:30pm
Wednesdays Term time: Juniors 6-11yrs, 4-5:30pm
Fridays Term time: Youth 12-15yrs, 4-5:30pm.

Half-term fun!

Speak-up - Friday 16th Feb 12:30-3pm
Go Karting - Wednesday 14th Feb 11-2pm
Rock-UP - Thursday 15th Feb 10am

Young Carers Action Day Young Carers Action Day (YCAD) is an annual event organised by Carers Trust. This year it takes place on **Wednesday 13 March 2024**. It is a day of recognition and action for young carers and young adult carers across the UK. This year's theme is 'Fair Futures for Young Carers.'

Young Carers Youth (11-16yrs)
PUBLIC SPEAKING WORKSHOP

SPEAK UP

Learn some quick and simple tips for effective public speaking that can help you at school and in life

BOOST YOUR CONFIDENCE **LEARN HOW TO FACE ANY AUDIENCE**

Harrow Young Carers

Friday 16th February 2024
12:30pm - 3pm
Lunch provided

Young Carers Youth (11-16yrs)

Teamsport Go Karting
Watford

Wednesday 14th February 2024
11-2pm
Limited spaces available

Meeting 10:45pm at Harrow Carers, 376-378 Pinner Rd, HA2 6DZ
Returning by 1pm followed by lunch held at the Old Lionians Sports Grounds until 2pm.

Harrow Young Carers

Young Carers Junior Club

Are you a young carer?
Aged 6-11?
Need a place to have a break and have some fun?
YOU are NOT the only one!

We have a weekly club where you can play fun games, create different crafts each week, get fit & active, and earn **AMAZING PRIZES!**

Term time
Wednesdays
4pm - 5:30pm

Harrow Young Carers
0208 868 5224
youngcarers@harrowcarers.org

Location: Old Lionians Sports & Social Club
74 Pinner View, Harrow HA1 4QF

Harrow Young Carers

YOUNG CARERS JUNIORS (6-10 YRS)

ROCKUP WATFORD

THURSDAY 15TH FEBRUARY 2024

MEETING 10AM OUTSIDE HARROW & WEALDSTONE STATION, RETURNING BY 2PM

LIMITED SPACES AVAILABLE

Please email youngcarers@harrowcarers.org for more information and to book a place.

SERVICE UPDATES



At Harrow Carers, we constantly seek feedback to improve and evolve our services. We want to listen to your views and work together with you to develop the services that are important to you. So, if you haven't already, then please can you kindly spare 10 mins to complete our survey. You could win a £20 High Street gift voucher!

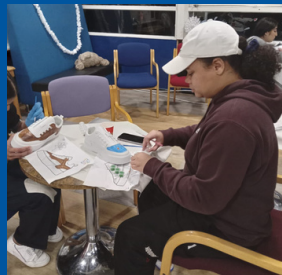


Click here to complete the survey

Thank you for your time.

YOUNG ADULT CARERS

We have had a ball with YAC club this winter, Some of our carers have just chilled and ventured on a skateboard while being on a break from workshops that have included our joint Harrow and Hillingdon ID shoe workshop. We had an amazing time adding our own blueprints to trainers to express who we are and what we stand for. Creative voices through design.



**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. **Please contact us on 020 8868 5224 or email: youngcarers@harrowcarers.org for further information**

COULD YOU BENEFIT FROM HOMESHARE?



Novus Homeshare brings together people with spare rooms with people who are happy to chat and lend a hand around the house in return for safe, secure, affordable accommodation.

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

For more info get in touch: youngcarers@harrowcarers.org

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**,



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

Exciting News - Launching our New Bridging Service!

We are thrilled to announce the introduction of our Bridging Service, operating seamlessly from Northwick Park Hospital. This service is designed to assist patients who are ready to return home but are awaiting the setup of a care package.

It's no secret that many hospitals in the UK face the challenge of 'bed blocking,' where patients fit for discharge linger in hospitals awaiting social care packages. This bottleneck not only leads to prolonged waits in A&E but also causes delays for ambulances waiting for available spaces in A&E.

Elite Specialist Care has collaborated with Northwick Park Hospital to address this issue by providing short-term domiciliary care services directly to patients awaiting a more sustainable care package commissioned by the local authority.

What does this mean for patients? A smoother and more active discharge process! Our Bridging Service enables patients to leave the hospital promptly, ensuring they receive appropriate care at home while awaiting a more permanent solution. This not only accelerates the recovery process but also contributes to the overall efficiency of the healthcare system.

We are excited about the positive impact our Bridging Service will have on improving patient experiences and streamlining the healthcare journey. Elite Specialist Care is committed to providing exceptional support to our community, and this new service is another step in that direction.

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

Recruiting Now

Care Support Worker (Hospital Discharge)

Mon - Sun - Flexible Shift Patterns £11.95 per hour

Applicants who have care experience are particularly welcome, but full training will be given to applicants new to care. Please contact Bhumi on the number above.



THANK YOU

thank you FOR YOUR TREMENDOUS SUPPORT



Annis serves as the Community Champion for Morrisons Harrow, playing a vital role in supporting local charities in the area. Harrow Carers is fortunate to be one of the chosen beneficiaries, receiving donations, fundraising coordination, and essential supplies facilitated by Annis. Her initiatives, including providing toiletries and hygiene products for young carers to address the often-overlooked needs of these carers. Morrisons is allocating funds to purchase additional hygiene products for young carers associated with Harrow Carers.

Morrisons customers can contribute by purchasing specially designated green bags during checkout, with the contents donated to supported charities. Additionally, unsold products are donated to minimise waste, aligning with the crucial global effort to reduce food-related greenhouse gas emissions. Annis has gone beyond by creating remarkable hampers for Harrow Carers, supporting events from Diwali to Christmas, and generous toy donations from Morrisons Harrow customers for the Harrow Young Carers Christmas party. The significant support from Morrisons Harrow, particularly through Annis's efforts, is acknowledged with gratitude for their tremendous backing of local unpaid carers in 2023.

thank you

Our heartfelt thank you to Linda Nodder and family for choosing Harrow Carers as their charity to raise essential funds in memory of Bertha. Your mum was an inspiration to us all and we will treasure the memories we shared.



Warm Hubs - Harrow

Warm Hubs are warm, safe places where residents can expect a friendly and inclusive welcome.

Find your nearest hub



harrowgiving.org.uk/warmhubs

Harrow Giving

Harrow Giving is a trading name of Harrow Together (registered charity no. 1248776) and is administered by voluntary Action Harrow Co-operative Ltd (charity no. 1047494) on behalf of Harrow Together.

FINAL NOTES

Wanted Befriending volunteers



Be safe from coronavirus.

Book your booster vaccine when you are invited.

Image copyright: @LVPFT

Covid-19 vaccinations available now for unpaid carers

Did you know that unpaid carers aged 16 and above are now eligible to book their free Covid-19 booster and flu vaccinations via the National Booking Service?

You can either book online at:

<https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/>



For more information, please contact:

Kalpna Mehta
Befrienders' Coordinator
kalpana.mehta@harrowcarers.org
07719 068413
02088 685224

Since April 2023, we have welcomed more than 450 new unpaid 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.



DONATE

SCAN HERE

FOLLOW US

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



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.
- Rethink: 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.

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.

OUR NEWSLETTERS ARE NOW RELEASED QUARTERLY JAM-PACKED WITH INFORMATION AND ACTIVITIES.

Friendly February 2024



MONDAY



5 Make time to have a friendly chat with a neighbour

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

WEDNESDAY



7 Show an active interest by asking questions when talking to others

THURSDAY

1 Send a message to let someone know you're thinking of them

FRIDAY

2 Ask a friend how they have been feeling recently

SATURDAY

3 Do an act of kindness to make life easier for someone

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it

30 Acknowledge someone's problem or pain rather than trying to fix it

31 Acknowledge someone's problem or pain rather than trying to fix it

32 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together