

# HARROW CARERS NEWS

SPRING 2024 EDITION

## Hello Spring

### CEO'S MESSAGE

Dear Carers,

Hello and the warmest of welcomes to our Spring edition of our Harrow Carers newsletter

I encourage you to take a moment for yourself and enjoy this newsletter.

Carers Week is fast approaching, running from June 10th to 16th, and it holds significant importance in our calendar. This year's theme, 'Putting carers on the map,' resonates deeply with us, and we are fully committed to doing just that. Our team is hard at work organising a series of engaging events, including our very first Carers Awards, and we warmly encourage your participation.

If you feel hesitant about joining an event for the first time, rest assured that our team will be there to offer support every step of the way.

You may have heard recently in the news about Carer's Allowance overpayments - if you have been effected by the harsh benefit rules that have resulted in tens of thousands of unpaid carers being fined huge sums, please feel free to reach out to us with any questions or concerns.

Thank you for taking the time to engage with 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](mailto:wellbeing@harrowcarers.org) 020 8868 5224 x 214 for joining instructions. Our activities are FREE for registered unpaid carers, but if you would like to make a donation please click here or visit our website <https://harrowcarers.org/>

<b>Monday</b>	<b>Yoga - 10:30AM- 11:30AM</b> No session on 29th April & 24th June 2024	Old Lionians Sports Ground 74 Pinner View HA1 4QF
<b>Tuesday</b>	<b>Elevate Support Group - 11:00AM-12:30PM</b> (Alternating weeks between Zoom & in person. Email <a href="mailto:wellbeing@harrowcarers.org">wellbeing@harrowcarers.org</a> for link link). <b>Next zoom session on 7th May 2024</b>	Zoom/Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
<b>Wednesday</b>	<b>Zumba - 10:15AM - 11:15AM</b>	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	<b>Pilates - 11:30AM - 12:15PM</b>	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	<b>Friendship Cafe - 1:30PM - 3:30PM</b> (every 1st Wednesday of the month)	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	<b>Sewing Club - 2:00PM - 4:00PM</b> (held every other Wednesday of the month) <b>Next session is on 1st May 2024</b>	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
<b>Thursday</b>	<b>Community Hub - 12:00PM - 2:00PM</b> Every Thursday	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	<b>Archery - 3:00PM - 5:00PM</b> (alternate Thursday) <b>Next session is 2nd May 2024</b>	Old Lionians Sports Ground 74 Pinner View HA1 4QF
<b>Friday</b>	<b>Badminton - 10:30AM - 12:00PM</b> (6-week sessions at term times). Next sessions will commence in <b>June</b> - please email your interest <a href="mailto:wellbeing@harrowcarers.org">wellbeing@harrowcarers.org</a>	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	<b>Qigong - 1:45PM - 3:00PM</b> No sessions on 17th May, 24th May, 31st May & 7th June). Sessions will resume as normal from 14th June onwards	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	<b>Mental Health Support Group</b> <b>1:30PM - 2:30PM</b> (every 2nd Friday of the month online or every 4th Friday of the month in person. (Email <a href="mailto:wellbeing@harrowcarers.org">wellbeing@harrowcarers.org</a> for link)	Zoom/Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ

# WEEKLY ACTIVITIES

## 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

## 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**

## 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.

Don't Miss Out! Join Our Talk on Engaging with Care Homes

Date: May 1st, 2024

Location: Harrow Carers Office, Pinner Road, North Harrow

Time: 11:00 AM - 12:30 PM



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

## Hospital Discharge Support 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 take you home in a taxi. This service is free of charge for Harrow residents.





# NEW EVENTS AND COURSES

## Upcoming Events



## May 2024

**2nd May  
2024**

**10.30am-1.30pm**

### Create 6-week – Dance Project

Starting from Thursday, 2nd May at Old Lyonians Sports Ground. The following sessions will be 9, 16, 23 May and 6, 13 June 2024. Please call 0208 868 5224 or email [Pritha.mukherjee@harrowcarers.org](mailto:Pritha.mukherjee@harrowcarers.org) to register your place. Please note preference will be given to new carers as spaces are limited.



**9th May  
2024**

**1.00pm-2.00pm**

### Laughter Yoga & Mindfulness

**Thursday 9th May 2024**

Exciting session of "Laughter Yoga and Mindfulness" on Thursday, 9th May, from 1:00pm to 2:00pm at Old Lyonians Sports Ground. Followed by a cuppa and chitchat with friends at the Community Hub. Please call 0208 868 5224 or email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to register your place.



**16th  
May 2024**

**1.00pm-2.00pm**

### Falls Prevention Refresher Session

**Thursday 16th May 2024**

Join us for a \*Falls Prevention Refresher\* Session on Thursday, 16th May, from 1:00pm to 2:00pm at Old Lyonians Sports Ground. Followed by Tea and Nibbles. Please call 0208 868 5224 or email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to register your place.



**17th/24th May  
or  
31st May/7th Jun  
1.00pm - 2.00pm**

### Grief & Loss - 2 Weekly Sessions

Group 1 - Fridays 17th May & 24th May 2024 from 1pm-2pm  
Group 2 - Fridays 31st May & 7th June 2024 from 1-2pm. 8 carers max on each group. Venue: Old Lyonians Sports Ground. Limited availability, attendance is strictly by registration - please contact [disha.patel@harrowcarers.org](mailto:disha.patel@harrowcarers.org) or call 0208 868 5224



**23rd May  
2024**

**1.00pm-2.00pm**

### Dementia Awareness Session

**Thursday 23rd May 2024**

Come and join us for a Talk on Thursday, 23rd May, from 1:00pm to 2:00pm at Old Lyonians Sports Ground. Followed by a cuppa and chitchat at the Community Hub. Please call 0208 868 5224 or email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to register your place.





# NEW EVENTS AND COURSES

After the successful 5-week self-care workshop, we are pleased to announce upcoming wellbeing workshops for our carers. Kindly register for this event, as carers must receive confirmation of registration from Disha. We trust these workshops will be valuable to you.

## Grief & Loss - 2 Weekly Sessions

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, you are invited to our Grief and Loss 2 weekly sessions at **Old Lyonians Sports Ground (bar/lounge area)**

**74 Pinner View Harrow HA1 4QF**

**These 2 weekly sessions will be focusing on techniques to cope with grief and loss.**

### Group 1

**1st Week - Friday 17th May 2024 from 1pm-2pm**

**2nd Week - Friday 24th May 2024 from 1pm-2pm**

**OR**

### Group 2

**1st Week - Friday 31st May 2024 from 1pm-2pm**

**2nd Week - Friday 7th June 2024 from 1pm-2pm**



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 destress, socialise and has been a learning experience for me.



8 carers max - to book a place

Contact [disha.patel@harrowcarers.org](mailto:disha.patel@harrowcarers.org) or call **0208 868 5224**

**Venue for Sessions: Old Lyonians Sports Ground (bar/lounge area)  
74 Pinner View Harrow HA1 4QF**

# NEW EVENTS AND COURSES

## 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. Since February we have had carers and volunteers meeting, playing games, learning and exchanging views with each other regularly.

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](mailto:kalpana.mehta@harrowcarers.org)

\*Please note our visits are limited to 10 per carer.



UPCOMING  
EVENTS

Get your groove on with Create:Voices and join our dance workshop.

**creative:voices**

Are you an adult carer interested in exploring your creativity?

Come and join in Create's Dance workshops!

Work with Create's professional dance artist to explore your creativity and experiment with movement, dance and music.

LIMITED PLACES AVAILABLE

To sign up or for further information, contact Pritha at Harrow Carers

pritha.mukherjee@harrowcarers.org  
020 8868 5224

Thursdays 2, 9, 16, 23 May  
6, 13 June 2024  
10.30am - 1.30pm

Old Lyonians Sports and Social Club  
74 Pinner View  
HA1 4QF

Harrow Carers  
20 YEARS OF SPARKING CREATIVITY

Supported by  
The Smile Fund by Comic Relief  
@createcharity www.createarts.org.uk

Harrow Carers  
Support, Training & Advice

**A Hub for our Carers Community**

Open to all Unpaid Carers in Harrow

Weekly Activities - Refreshments - Free WIFI - Relax - Socialise

Community Garden

EVERY THURSDAY  
12NOON - 2PM

CARING FOR CARERS SINCE 1996

# UPCOMING ACTIVITIES

**COMING SOON**



## Save the date for Carers Week 10-17 June 2024

Carers Week 2023 is right around the corner. This year's campaign will run from 10-17 June. This year we have some very exciting events planned, so please save the dates! This year the theme is 'Putting Carers on the Map' highlighting the invaluable contributions of carers across the UK and ensuring their voices are heard loud and clear. And by raising awareness we hope they will better recognise the challenges unpaid carers face and help them access the support they deserve.

## Family Celebration Day

**Thursday 13th June - 4:30pm - 8pm**

Venue - Old Lyonians Sports Ground, 74 Pinner View, Harrow HA14QF.

4:30pm - Start Time

5:30pm - Awards and Recognitions

6:00pm - Food and Tea/ Coffee

7:00pm - Indian Bollywood Music by Raaj Gambhir and Kalpana Sangani

7:30pm - Opera Singer



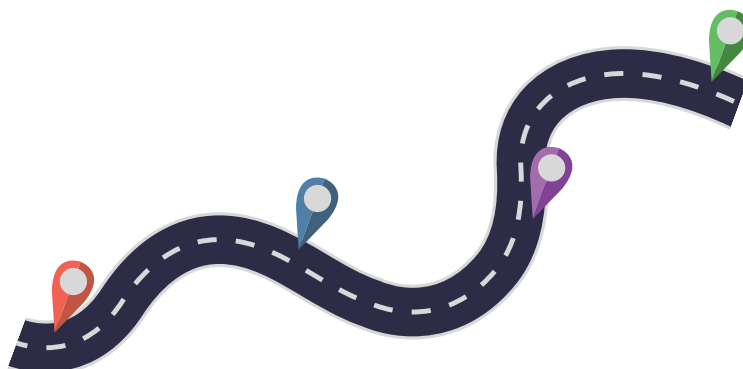
Entry by registration through Eventbrite -

<https://www.eventbrite.co.uk/e/harrow-carers-family-celebration-day-tickets-891627340377> or email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org)

## Harrow Carers are leading a leisurely march to put carers on the map on Tuesday 11th June

The week will kick off with a vibrant march through the streets of Harrow, bringing together carers, supporters, and community members alike. Further details will be sent in due course.

Join us as we march for Carers Week in Harrow and celebrate the incredible work of carers in our community. Together, let's put carers on the map!





# Nominate now for Harrow Carers' Awards 2024

**We are delighted to announce that we will be hosting our first-ever 'Carer Recognition and Awards' on Thursday, June 13th 2024**

Every unpaid carer has a unique story to tell. They are more than just carers; they are the backbone of our communities. Through these awards, we aim to recognize and celebrate the dedication of carers in Harrow, expressing our gratitude to these unsung heroes.

## Award categories



- **Young Carer Award**

This award recognises someone under the age of 18 who goes out of their way to help and support others and who makes a difference in someone's life.

- **Young Adult Carer Award**

This award recognises someone aged 18-25 who goes out of their way to help and support others and who makes a difference in someone's life.

- **Carer going above and beyond their call of duty**

This award recognises someone who goes out of their way to help and support others and who makes a difference in someone's life.

- **Longest serving / Lifetime achievement**

A carer who has faced big challenges themselves but has continued to care, someone who has been caring for a long time

- **Outstanding Contribution to the Community Award**

This award recognises someone who spends their spare time volunteering to support carers or fundraises to support carers despite being a carer themselves it could be a family member, friend or neighbour.

- **General Practice Award**

Award for a GP practice that has made a concerted effort to support carers within their practice.

- **Social Worker of the Year Award**

This award is open to all qualified social workers who have made a positive impact through their outstanding work with unpaid carers.

## How to nominate

You can now submit your nominations for each of our 6 prestigious awards, which recognise the fantastic work of carers of all ages. You can nominate up until Monday 3rd June

**Nominate Now**

### In-person

**We will have 2 nomination boxes which you can use to submit your nominations one at Old Lyonians and one at our Main Office**



# UPCOMING ACTIVITIES

**COMING SOON**



HARROW CARERS PRESENTS

## CARERS COMMUNITY GARDEN

**STARTING SOON**

Are you looking for a gentle outdoor activity to support your health and well being?

**JOIN US EVERY THURSDAY  
12NOON-2PM**

A place to grow your own produce, relax, engage with nature, meet others and get active outdoors.



**ALL TOOLS PROVIDED**

**REFRESHMENTS INCLUDED**



**EXPERT OR BEGINNERS - ALL WELCOME**

*\*If you would like to join any of the activities please contact [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) 020 8868 5224 x 214 for joining instructions. Our activities are FREE for registered unpaid carers, but if you would like to make a donation please click here or visit our website <https://harrowcarers.org/>*

# ADVICE & BENEFITS

Our Information & Advice team are on hand if you have any questions or require any assistance with benefits or any other issues relating to your caring role. Both Anne and Radha, Adult Services Advisors are available at the centre: 0208 868 5224.

The services available to carers range from entitlement advice on benefits available for Carers, including assistance with applications, to help accessing a Carer Assessment and grants.

We can also support our Carers with grants provided 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.



**The Carer's Leave Act** has opened up many more possibilities for carers who are employed. These changes came into effect on the 6 April 2024.

- The Carer's Leave Act covers employees in England, Wales and Scotland.
- Employees are entitled to one week's unpaid leave per year if providing or arranging care for someone with a long-term care need.
- This leave can be taken flexibly (in half or full days) for planned and foreseen caring commitments.
- It is available from the first day of employment.
- It provides the same employment protections to employees as other forms of family-related leave, including protection from dismissal.

For more information please visit <https://www.carersuk.org/help-and-advice/work-and-career/the-carers-leave-act-2023/>

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](http://www.HarrowWins.co.uk)  
And Search For:  
**Harrow Carers**

Supporters must be 16 years of age or older

**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](mailto:wellbeing@harrowcarers.org)**



# DEMENTIA

## Providing Assistance for Dementia Carers

Our next dementia programme starts on the 9th of July 2024. The programme runs on 6 consecutive Tuesday's from 10am -2pm at 74 Pinner View HA1 4QF. Carers feel the programme has offered much needed information, advice and support

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 9th July 2024.**

Email: [Roshanthi.pereira@harrowcarers.org](mailto:Roshanthi.pereira@harrowcarers.org) for further information



## Dementia Monthly Activities

**1st Wed  
of every month  
1.30pm - 3pm**

**Friendship Café**  
Every 1st Wednesday of the month  
Friendship café for Dementia Carers and loved ones  
Venue: Old Lyonians, 74 Pinner View HA1 4QF



**2nd Wed  
of every month  
3pm-5pm**

**Dementia Hub for Carers**  
Every 2nd Wednesday at Knights Court Care Home (Residents only)  
Starting 8th May 2024 and then every 2nd Wednesday of the month  
Venue: 107 High Street Edgware HA8 7DB



**3rd Wed  
of every month  
3pm-4.30pm**

**Dementia Hub**  
Every 3rd Wednesday at Northwick Park Hospital  
For Carers who have loved ones in hospital starting 15th May 2024 and then every 3rd Wednesday of the month  
Venue: Wellspring Cafe Northwick Park Hospital



**4th Wed  
of every month  
1.30pm-3.00pm**

**Friendship Cafe at Stanmore Chapel for Carers**  
Every 4th Wednesday at Stanmore Chapel  
For carers, starting 24th April 2024 and then every 4th Wednesday of the month  
Venue: Stanmore Chapel, Marsh Lane/Nelson Road HA7 4HP



For further information on our Dementia activities, please contact [Roshanthi.Pereira@harrowcarers.org](mailto:Roshanthi.Pereira@harrowcarers.org) or call 020 8868 5224



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 have found the programme so useful that in the last few weeks that I have attended I feel like a different person. My husband, who was reluctant to come initially, was willing to come after the second week. He has enjoyed being there. As for me, I genuinely have learnt a lot from hearing other people's experiences and especially from you. You truly have always allowed me to speak up whatever my concerns are and guided me to better understand Alzheimer's and communication skills. After the end of the programme, I am going to miss the sessions as it become part of my Tuesday routine. The people I met during the sessions have also made me understand that I am not the only one going through the process.*

*I am grateful to you for encouraging me to come to the sessions and I hope to again attend in the future.*  
Carer M

# LOOKING AFTER YOURSELF

**Harrow Citizens' Health Forum: Cancer Screening Services**

Harrow residents are invited to a public forum to discuss and shape local cancer screening services

**BOOK NOW**

Join an informative session at St Peter's Church, Harrow where experts will discuss the importance of cancer screening services (including breast, cervical, bowel, prostate, etc.) This forum provides a valuable opportunity to engage with senior leaders from the NHS, local council, public health, and clinicians. Learn about early detection, prevention, and available resources in our community.

Residents can directly ask questions to the panel and share their experiences to help improve cancer screening services in Harrow.

## Top tips to improve your mental wellbeing



We all need good mental health and wellbeing – it's essential to living happy and healthy lives. Here are 7 areas of life where simple changes can make a big difference. Why not start today?

### 1. Reframe unhelpful thoughts

Check out this short video to get some practical tips on how you can challenge your thoughts and start to break unhelpful cycles.

### 2. Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective.

### 3. Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

### 4. Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing.

### 5. Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. For tips on how to live healthily, watch our video.

### 6. Do something for yourself

From enjoying your favourite hobby, learning something new or simply taking time to relax

Setting goals and learning new skills can be a great way to meet people, build your self-esteem and feel a sense of achievement. Watch our video for tips to get started.

### 7. Write a letter to future you

When you're feeling good, think about what you would want to tell your future self if things get harder and you find you need more support. Reminding yourself of what's keeping you feeling positive right now can help you through those more difficult times in the future.

For more information and videos to help improve your wellbeing please visit <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/>

<https://www.nhs.uk/better-health/>





# SNAPSHOTS

We had the pleasure of taking a group of our male carers on a fantastic outing to Bentley Priory Museum in Stanmore. Nestled in the stunning grounds of Bentley Priory. Not only did we explore the fascinating exhibits, but we also had the opportunity to visit the old nuclear bunker – a truly unique experience! On our way back, we couldn't resist popping into The Hare for a quick refreshment stop. Overall, it was a wonderful time enjoyed by all, and we even gathered some fantastic ideas for our next trip! Stay tuned for more adventures with our amazing carers!



## Carer Quote

***Thank you. I had a wonderful time on Friday on the Carers Day Trip. It was so good to talk to the other Carers. Some I knew and made new friends with others.***

***Colin, is brilliant and so good at telling his jokes to "break the ice". The pub drink was the highlight as everyone was relaxed and there was really good conversation. There is so much to learn from other people.***

...and mark your calendars for the next big catch-up for men at McCafferty's Pub, 25 Pinner Road, North Harrow, HA2 6ED, on Thursday 16th May from 2-5 PM.

Join us for drinks, pizza, and a friendly chat!



Our Young and Young Adult Carers had a blast trying their green fingers at botany! Getting muddy and contributing to a greener world was special and fun. A big thank you to Harrow Biodiversity and Environment, Simon Joshua, and Hasti Modi for organizing, Grange Primary School for hosting, The Conservation Volunteers (TCV) for the sponsored trees from OVO Energy, and Mayor Ramji Chauhan for his continuous support!



Hasti Modi and Simon Joshua, organisers of the event





# 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**

-  **HarrowParentCarerForum**  
HarrowParentCarers
-  **@HpfHarrow**
-  **HarrowSendNoticeboard**  
The Harrow SEND Noticeboard has regular local and national news updates and information
-  **harrowparentforum**

**If you need to get in touch**  
Email us at [info@harrowparentforum.org](mailto:info@harrowparentforum.org)  
Give us a call on 07928 577 689  
[www.harrowparentforum.org](http://www.harrowparentforum.org)

Harrow Parent Carer Forum (HPCF) is a parent-led SEND participation forum that is funded by the Department of Education (DfE).



**LONDON BOROUGH OF HARROW**

## CONVERSATION cafe

**Accessible Information & Advice Services**

This is an opportunity for Harrow residents, unpaid Carers and the people they support to meet face to face with representatives from Adult Social Care, Voluntary Organisations and Charities.

**FOR MORE INFO/UPDATES VISIT THE QR CODE:**



**FIND US IN THE UPSTAIRS HALL AT**  
**ST. PETER'S CHURCH HARROW**  
**SUMNER ROAD HA1 4BX**

**EVERY TUESDAY**  
**10AM-3PM**

 St. Peter's Harrow

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](#)



# NOTICE BOARD

## FUNDRAISING EVENT ORGANISED BY BARNET WALKING FOOTBALL TEAM



Join our world-famous Charity Games Evening for a night of fun and fundraising at our Charity Games Evening on Wednesday, May 8th, from 7:30 to 11:00 PM at The Hive Bar!

We're proud to support Harrow Carers, a fantastic charity providing vital support to unpaid carers in our community. They've helped many, including myself in my caring role for Mabel, and I also volunteer for them.

Get ready for an evening of games and entertainment! Enjoy table tennis, table football, skittles, and more, all without the twister mat! Rem will be on hand with his boom box, providing lively background music for a chance to boogie.

Indulge in a delicious self-service buffet, featuring quality food based on recent successful private functions at The Hive Bar.

Tickets are £15 per person, including food, entertainment, and games, or grab our special couple's deal for just £25! Payment can be made to Barnet Walking Football Team (Sort Code: 30-98-97, Account No.: 72104368, Reference: Charity).

Let's come together to support this worthy cause and have a blast while doing it! See you there! For further information please contact: Kevin on [kevv2009@live.co.uk](mailto:kevv2009@live.co.uk) or visit <https://www.barnetfc.com/community-barnet-walking-football-club>



## Staff News - In the spotlight!



Shade Quadri  
Social Prescribing  
Link Worker

In March 2024, I was delighted to join Harrow Carers as a Social Prescribing Link Worker. I previously worked in Richmond's Kew, Sheen and Barnes area as a Social Prescribing Link Worker and really enjoyed empowering the community.

I now look forward to working within the Harrow borough, to support the local community feel heard, empowered and independent. I originally studied LLB Law at SOAS, University of London and then went on to working within the banking sector, in 2020, I pivoted into the Healthcare sector, where I enjoyed supporting young people. In my spare time I enjoy walking in the park or wherever there is beautiful scenery, Pilates, learning to speak French and spending time with my teenage son.



# OUR YOUNG CARERS

May Half Term

**Harrow Young Carers**

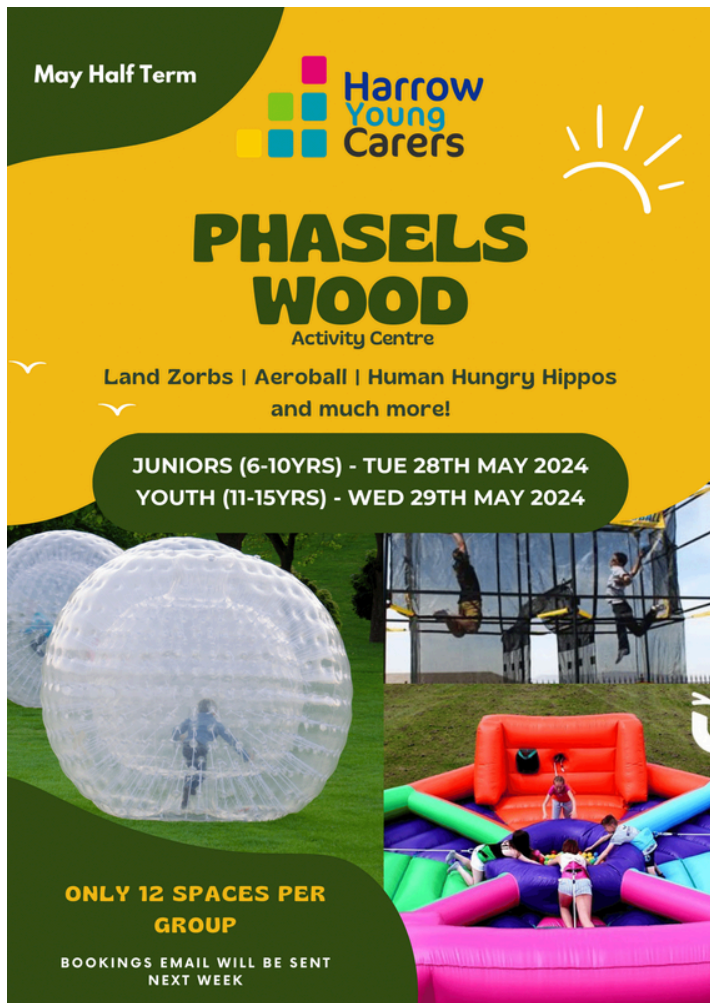
**PHASELS WOOD**  
Activity Centre

Land Zorbs | Aeroball | Human Hungry Hippos  
and much more!

**JUNIORS (6-10YRS) - TUE 28TH MAY 2024**  
**YOUTH (11-15YRS) - WED 29TH MAY 2024**

**ONLY 12 SPACES PER GROUP**

BOOKINGS EMAIL WILL BE SENT NEXT WEEK



Young Carers is not just for holidays it's for the day-to-day of your caring life. We have a range of ways for you to engage with us over the year and access support when you need it most. From one-2-ones to studying to groups to events there's something for every young carer on offer. Come meet our team and chat about the options that most suit you.

Please email  
[youngcarers@harrowcarers.org](mailto:youngcarers@harrowcarers.org)  
for more information

**Harrow Carers**  
Support, Training & Advice

**UCL UNIVERSITY COLLEGE LONDON**

SUPPORTING STUDENTS IN SUCCESSFULLY APPLYING TO AND TRANSITIONING TO UNIVERSITY WITH A CAMPUS VISIT

- How to navigate the application process.
- Connect With Alumni and other like minded Young Adult Carers
- Discover potential support services and funding streams.

Only 10 spaces for this trip  
Bookings email will be sent next week

For more information please get in touch!  
0208 888 5224  
[www.harrowcarers.org](http://www.harrowcarers.org)  
[youngcarers@harrowcarers.org](mailto:youngcarers@harrowcarers.org)

University visits are a great way to learn more about different options for Young Adult Carers, learn more about specific programs, and get a sense of what it's like to be a YAC in uni.

**PLUS** a taster session in an undergraduate course at UCL

When: Friday 31st May 2024  
Who: YACs (Year 12 and 13 - Age 16-18)



## YOUNG ADULT CARERS

Bags packed, passports in hand and full of excitement. Our YACS embarked on their first ever journey abroad, an unforgettable 3-day journey, from the rhythm and unity of a dance workshop at the University of Amsterdam to heartfelt discussions with the Markant organisation who support young adult carers, we explored the depths of what it means to be a young carer.

This trip was more than sightseeing; it was about discovering new cultures, forming lasting bonds, and sharing our stories in a city that's as open and diverse as our group.

Every moment was a step towards understanding each other and ourselves better. Reminding us that the world is vast, and our experiences as carers are universal. This trip was a testament to the power of connection, resilience, and the beauty of new beginnings.



re you aged between 16 and 25  
and give unpaid support to  
someone?

Please contact us on 020 8868  
5224 or email:

[youngcarers@harrowcarers.org](mailto:youngcarers@harrowcarers.org)  
for further information



# SERVICE UPDATES

## ELITE SPECIALIST HOME CARE

**Do you know someone who might need some extra help at home?**

The flexibility of our home care services enables you or the person you care for to live safely and comfortably in your home. From **hourly, daily, night, or weekly care visits**, right through to the dedicated support of a **24-hour live-in carer**. Whatever care your loved one needs, we'll work fast to help find a solution. And we understand care needs can change, so our plans are always flexible.

03300 882224 / [info@elitespecialistcare.org](mailto:info@elitespecialistcare.org)  
<https://www.elitespecialistcare.org.uk>



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



## ARE YOU LOOKING FOR A NEW JOB?

Do you have a caring nature , great people skills and want to make a positive difference in people's lives?

If yes, then apply to become a Care Support Worker and join our fantastic team!

We provide training, free DBS checks, flexible hours, sickness pay, rewards, career development and plenty of support from our team.

If that sounds good to you, please send your CV to [\\_info@elitespecialistcare.org](mailto:_info@elitespecialistcare.org)

## 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>

# THANK YOU

## Thank you FOR YOUR TREMENDOUS SUPPORT

A heartfelt thank you to Phill Jolliff and the entire team at United Service Club Pinner for their generous £200 donation raised during the wheelbarrow event at the St. George's Day celebrations. We deeply appreciate your support for Harrow Carers. A special thank you to Janet Mote for her ongoing dedication and support. Your contributions make a significant difference in the lives of unpaid carers in our community.



A big thank you to our wonderful Pilates instructor, Justine, for raising £500 for Harrow Carers! Justine's generosity and initiative were remarkable as she waived her teaching fees for a week, inspiring her clients to match her contribution. Together, they've made a meaningful impact in supporting such a valuable charity. Without teaching carers, Justine wouldn't have recognised the invaluable work of Harrow Carers. Justine has been teaching Harrow Carers for nearly 5 years every Wednesday at 11:30am.



A big thank you to Morrisons community champion Annis for her incredible ongoing support of our carers! Your dedication and generosity make a real difference in their lives.



Thank you to John Lyon's Charity for their generous grant sponsoring part of our Young Carers Team over the next three years : We just couldn't do it without you!



Jayshree and Vijay receive their excellence certificates for their volunteer work in diabetes and hypertension

**We're excited to share that we've been awarded a 'Time for Me' Grant from Carers Trust! This grant will allow us to create a supportive environment where parent carers can take a well-deserved break. Additionally, we're thrilled to announce that we've received an extension grant for our community hub. This will enable us to further reach out to carers in need of social interaction. Thank you for your continued support!**



# FINAL NOTES

## Fundraise for us!

Could you give a couple of hours of your time to organise a fundraiser, such as a coffee morning or a bake sale, to raise vital funds to support our work? Please call or email [rehna.tanna@harrowcarers.org](mailto:rehna.tanna@harrowcarers.org) and we will support you as much as we can

The NHS national booking system will open for spring Covid-19 vaccination bookings until 30 June 2024. Anyone eligible can book a vaccine appointment via the [NHS.UK website](https://www.nhs.uk) or by calling 119 for free

## 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.



Harrow Carers LONDON BOROUGH OF HARROW HEALTHY HARROW

## 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](mailto:admin@harrowcarers.org)**

Since April 2023, we have welcomed more than 500 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.

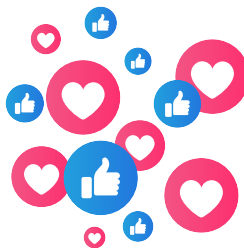


*DONATE*

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



## 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](mailto: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.  
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.

**OUR NEWSLETTERS ARE NOW RELEASED QUARTERLY JAM-PACKED WITH INFORMATION AND ACTIVITIES. IN-BETWEEN WE SEND OUT UPDATE BULLETINS AS NEEDED**