

HARROW CARERS NEWS

SUMMER 2024 EDITION

CEO'S MESSAGE

Dear Carers,

Welcome to the Summer edition of our Harrow Carers newsletter. I trust this message finds you in good spirits as we transition into the Summer season.

Our recent Carers Week was truly remarkable! This week is dedicated to you, because of you, and for you. I would like to extend a heartfelt thank you to all the carers and everyone involved in making this week a resounding success. It was wonderful to see all of you.

In this edition, we aim to showcase the many enjoyable opportunities available to you. We strive to provide valuable information on how to make the most of your free time, connect with new people, and share some laughter. You are invited to join our CREATE Workshops (see page 4). These workshops offer a chance to create unique ceramics, socialise with other carers, and have a great time! No prior experience is necessary – everyone is encouraged to participate.

The caring role can be challenging, stressful, and isolating. Rest assured, support is readily accessible for carers, and we are always here for you. Please do not hesitate to reach out to us.

Warm regards,
Charmian Boyd, CEO, and the Team



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Information on our other services we provide; 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

Harrow Carers Groups & Activities



*If you would like to join any of the activities please contact 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/>

Monday	Yoga - 10:30AM- 11:30AM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Qigong - 11:45AM - 1:15PM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
Tuesday	Elevate Support Group - 11:00AM-12:30PM (Alternating weeks between Zoom & in person. Email wellbeing@harrowcarers.org for link)	Zoom/Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
Wednesday	Zumba - 10:15AM - 11:15AM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Pilates - 11:30AM - 12:15PM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Friendship Cafe - 1:30PM - 3:30PM (every 1st Wednesday of the month)	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Sewing Club - 2:00PM - 4:00PM (held every other Wednesday of the month)	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
Thursday	Community Hub - 12:00PM - 2:00PM Every Thursday *Please note Sept/Oct planned events by registration only, no drop ins.	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Archery - Fortnightly Next one on Thursday 8th August 2.30PM - 4.30PM	Old Lionians Sports Ground 74 Pinner View HA1 4QF
Friday	Badminton - 10:30AM - 12:00PM (6-week sessions at term times). - please email your interest wellbeing@harrowcarers.org	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Mental Health Support Group 1:30PM - 2:30PM (every 2nd Friday of the month online or every 4th Friday of the month in person. (Email wellbeing@harrowcarers.org 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 2nd and 4th Fridays of the month from 1.30 to 3pm.

ELEVATE SELF-SUPPORT GROUP



Elevate Carers meet every Tuesday 11am-12.30pm. We alternate weekly between Zoom and in person meetings, 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

Well-Being Workshops

**Anxiety Management: 20th August
2pm-3:15pm - Main Office (Main Hall)**

**Stress Management: 27th August
2pm-3:15pm - Main Office (Main Hall)**

**Sleep Management: 3rd September
2pm-3:15pm - Main Office (Main Hall)**

**To sign up please call the office or
email disha.patel@harrowcarers.org**



Hospital Discharge Support Team Northwick Park Hospital

Our Hospital discharge service supports 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.



UPCOMING ACTIVITIES

Upcoming Events



August/September 2024

**8th Aug
2024**

2pm - 3pm

Inheritance Tax

Join us for a session on "Inheritance Tax" hosted by a Shane Haute representative on **Thursday, 8th Aug** from 2pm to 3pm at Old Lyonians Sports Ground. Strictly by registration only, by 5th August. Limited spaces. Please call 0208 868 5224 or email wellbeing@harrowcarers.org to register your place.



**9th Aug
2024**

12pm - 4pm

Men's Afternoon - Olympic themed Triathlon

Friday 9th August from 12 noon to 4.30pm at Old Lyonians Sports Centre. Winners' celebrations from 3.30pm - 4pm. Snacks provided. Limited spaces. Please call 0208 868 5224 or email wellbeing@harrowcarers.org to register your place.



**16th Aug
2024**

10.15am - 3pm

Adult Carers trip to Ruislip Lido and Water Edge Pub

Friday 16th Aug 2024.

Leaving from 74 Pinner View **10.30am**, returning to 74 Pinner View at 3.00pm. A £10.00pp deposit is required, this will be refunded on the day to attendees. Please note non-attendance is not refunded. Please register your interest by 8th Aug by calling on 0208 868 5224.



**5th Sept
2024**

10.30am-1.30pm

Create 6-week – Ceramics Project

Starting from **Thursday, 5th Sept** at Old Lyonians Sports Ground. The following sessions will be 12th, 19th, 26th September, 3rd, 10th Oct 2024 at 10.30am to 1.30pm. Limited spaces. Preference will be given to Carers who have not attended Create project before. Please call 0208 868 5224 or email wellbeing@harrowcarers.org to register your place.



**20th Sept
2024**

10am - 1pm

Manual Handling Training for Carers

Friday 20th September 2024, from 10:00am to 1:00pm at Old Lyonians Sports Ground. Limited Spaces. Please Call 0208 868 5224 or email wellbeing@harrowcarers.org to register your place.



UPCOMING ACTIVITIES



Let's kick off a summer of football fundraising!

Join us for our walking football fundraiser on Friday, 2nd August. Kick-off is at 2 PM followed by drinks at the lovely Hive Bar after the game. Please share this invite with as many people as possible. It would be amazing to hit our £1k fundraising target. Your support means everything!
See you there!

To donate
<https://www.crowdfunder.co.uk/p/walking-football-fundraiser>

A green poster for a walking football fundraiser. At the top, it says 'WALKING FOOTBALL FUNDRAISER' in white. Below that, 'Harrow Carers v Barnet wft' is written in yellow. The date 'Friday 2nd August' and 'Kick off: 2pm' are in white. The venue 'The Hive, Camrose Avenue, HA8 6AG' is also in white. A 'DONATE' button and a QR code are on the right. A soccer ball with a yellow splash is at the bottom left. The Harrow Carers crest is on the left.

WALKING FOOTBALL FUNDRAISER

Harrow Carers
v
Barnet wft

Friday 2nd August
Kick off: 2pm

The Hive
Camrose Avenue, HA8 6AG

FREE ENTRY, PAID PARKING ON SITE
DRINKS IN THE BAR AFTER THE GAME

www.harrowcarers.org

DONATE

A poster for the Harrow Carers Male Carers Olympic Triathlon. It features a gold medal icon at the top left. The title 'MALE CARERS OLYMPIC TRIATHLON' is in large blue letters. Below it, 'FRIDAY 9TH AUG 2024' is in pink. The time and location '12 NOON TO 4PM | 74 PINNER VIEW HA1 4QF' are in pink. The activities 'Archery - Petanque - Golf Putting' are listed in pink. At the bottom, there are illustrations of a target, a petanque ball, and a golf hole. The Harrow Carers logo is at the bottom right.

HARROW CARERS

MALE CARERS OLYMPIC TRIATHLON

FRIDAY 9TH AUG 2024

12 NOON TO 4PM | 74 PINNER VIEW HA1 4QF

Join the fun - Medals and Prizes
Archery - Petanque - Golf Putting

For more information:
Colin.Powell@harrowcarers.org

Harrow Carers
Inform, Support & Empower

Join Us for Our Next Men's Day

Olympic-Themed Triathlon!

Date: Friday, 9th August

Time: 12:00 PM - 4:30 PM

Venue: Old Lyonians

Winners' Celebrations: 3:30 PM - 4:00 PM

Snacks Provided

Event Activities:

Archery

Pétanque or Horseshoe Throwing

Mini Golf

Awards:

Medals: 1st, 2nd, and 3rd places

Good Sport Award: For the person who demonstrates great sportsmanship

Last Place Prize: A bottle of wine

Join us for a fun-filled day of friendly competition and camaraderie. See you there!

A yellow poster for an archery event. It features two target icons with arrows. The text 'Archery' is at the top, followed by 'Old Lyonians Ground' and 'Thursday 8th August 2.30PM - 4.30PM'. The email address 'email:colin.powell@harrowcarers.org' is at the bottom.

Archery

Old Lyonians Ground
Thursday 8th August
2.30PM - 4.30PM

email:colin.powell@harrowcarers.org

COMING SOON

NEW SUPPORT GROUP

Processing life: loss and letting go

Grief and loss are not limited to losing a loved one. Grief and loss are multifaceted. Several types of grief and losses occur throughout our lives. For example, the loss of a loved one, job, home, friendship, pet or loss of self.

Through this drop-in support group, we hope to support our carers with losses they have dealt with, are dealing with or will have to deal with one day. No matter where you are on this spectrum, you are not alone.

So please come and join us on Thursday 29th August from 1-2:30 pm (Harrow Carers, Pinner Road HA2 6DZ) as we talk, support and process life together. Maximum 15 carers per session. This support group will be on a rolling basis, once every 3 weeks – same day and time after the 1st session.

Facilitated by,
Kalpana Mehta (Befriending Service lead),
Roshanthi Pereira (Dementia Carers Project lead) and Disha Patel (Psychological Wellbeing Practitioner)

To register your interest please email disha.patel@harrowcarers.org or call 02088685224.



Financial Advice Session on Thursday 8th Aug held at Old Lyonians at 2:00pm to 3:00pm

Topic - Overview of Inheritance Tax

The seminar will cover:

- Impact of Inheritance Tax across a few generations;
- What are the Nil Rate bands and Residential Nil Rate Bands
- Gift Exemptions
- Trusts and how to use them
- When do you start to lose your £1m allowance

Creating Financial independence is key as it provides you with the choice and the freedom to achieve a standard lifestyle you aspire for both yourself and your families, after years of hard work and personal sacrifices.

With Strategic and Effective tax planning, you may be able to help yourselves, to potentially achieve these goals over time.

With a few steps you can focus on building, growing, protecting and preserving your wealth.

Remember, paying Inheritance Tax is a voluntary tax.

To sign up please call the office or email wellbeing@harrowcarers.org

OUR YOUNG CARERS

Hello Summer! Exciting times ahead for young folks!

Get set for a summer packed with thrills and excitement! Our array of free trips and activities are crafted to give you a chance to unwind, connect with like-minded individuals, and above all, have a blast! Make sure you don't miss this wonderful chance to start your summer!

Please email youngcarers@harrowcarers.org for more information

Harrow Carers
Support, Training & Advice

Youth Young Carers Summer Activities 11-16yrs

Week	Activity	Date	Start/End Times	Notes
WEEK 1	TENPIN BOWLING	Wednesday 31st July 2024	Leave Harrow Young Carers (North Harrow): 10:30 - 10:45 Arrive at: 11:30 Finish at : Arrive back to Harrow Young Carers (North Harrow):	*Please bring a packed lunch and a water bottle or money to purchase this within the Tenpin Acton Centre **Please note we will be spending time at the arcade within the centre so please bring spending money if yo wish to participate
WEEK 2	BRITISH MUSEUM	Wednesday 07th August 2024	Leave Harrow Young Carers (North Harrow): 10:15 - 10:30 Arrive at: 11:30 Finish at : 14:00 Arrive back to Harrow Young Carers (North Harrow): 15:00	*Please bring a packed lunch and a water bottle or money to purchase this at the museum
WEEK 3	LOST JUNGLE MINI GOLF	Tuesday 15th August 2022	Leave Harrow Young Carers (North Harrow): 14:15 - 14:30 Arrive at: 15:00 Finish at : 17:00 Arrive back to Harrow Young Carers (North Harrow): 17:30	*Please bring a packed lunch and a water bottle.
WEEK 4	CHESSINGTON WORLD OF ADVENTURES	Wednesday 21st August 2022	Leave Harrow Young Carers (North Harrow): 09:15 - 9:30 Arrive at: 10:30 Finish at : 16:00 Arrive back to Harrow Young Carers (North Harrow): 17:00	*Please bring a packed lunch and a water bottle or money to purchase this at the amusement park
WEEK 5	THE PLAY THAT GOES WRONG	Wednesday 07th August 2024	Leave Harrow Young Carers (North Harrow): 16:00 - 18:15 Arrive at: 19:30 Finish at: Approx 21:30 Arrive back to Harrow Young Carers (North Harrow): 10:30	<u>THIS TRIP IS TO BE CONFIRMED</u> - details to be given directly to the YCs and families. *Please ensure children have had dinner beforehand. **You may bring snacks and a water bottle.

To book a place, please email: youngcarers@harrowcarers.org with your name/s, dates required & your phone number. You will receive confirmation via email or phone.
A Young Carers consent form will need to be completed if not previously submitted (attached to this email). Please return via email or one can be completed by a parent or guardian at drop off time. (Please arrive earlier.)

Please let us know as soon as possible if you need to cancel as many young carers get placed on a waiting list, and it will also help us to not loose vital funds.

OUR YOUNG CARERS

Junior Young Carers Summer Activities 2024

Age 5-10yrs



WEEK 1 Wednesday 24th July 2024	SHREK THE MUSICAL https://shrekthemusical.co.uk/	Leave Harrow Young Carers (North Harrow): 17:45 - 18:00 Arrive at: 19:30 Finish at: Approx 21:30 Arrive back to Harrow Young Carers (North Harrow): 10:30 *Please ensure children have had dinner beforehand. **You may bring snacks and a water bottle.
WEEK 2 Tuesday 30th July 2024	HOBBLEDOWN HEATH https://www.hobbledown.com/hounslow/	Leave Harrow Young Carers (North Harrow): 9:30 - 9:45 Arrive at: 10:30 Finish at: 15:30 Arrive back to Harrow Young Carers (North Harrow): 16:00 *Please bring a packed lunch and a water bottle. **Please ensure you wear sports clothes and hair is tied back
WEEK 3 Tuesday 06th August 2024	SCIENCE MUSEUM https://www.science-museum.org.uk/	Leave Harrow Young Carers (North Harrow): 10:15 - 10:30 Arrive at: 11:45 Finish at: 14:30 Arrive back to Harrow Young Carers (North Harrow): 15:30 *Please bring a packed lunch and a water bottle.
WEEK 4 Tuesday 15th August 2024	LOST JUNGLE MINE GOLF https://lostjunglondon.co.uk/	Leave Harrow Young Carers (North Harrow): 10:15 - 10:30 Arrive at: 11:00 Finish at: 15:00 Arrive back to Harrow Young Carers (North Harrow): 15:30 *Please bring a packed lunch and a water bottle.
WEEK 5 Tuesday 20th August 2024	GULLIVERS LAND https://www.gulliversfun.co.uk/	Leave Harrow Young Carers (North Harrow): 09:15 - 9:30 Arrive at: 10:30 Finish at: 15:00 Arrive back to Harrow Young Carers (North Harrow): 16:00 *Please bring a packed lunch and a water bottle.

To book a place for your child/ren, please email: youngcarers@harrowcarers.org with your **child's name/s, dates required & your phone number**. You will receive confirmation via email or phone. All activities are free of charge! **IMPORTANT: Please let us know if you need to cancel especially for trips as many children are placed on a waiting list and we could lose vital funds.** A signed Young Carers consent form will need to be completed if not previously submitted (attached to this email). Please return via email or one can be completed at drop off time (Please arrive earlier).

To book a space for your child/children, please email youngcarers@harrowcarers.org with your child's name, dates required and your telephone number.

We provide free support and wellbeing services to unpaid carers, including young people with caring responsibilities - to register your child as a young carer please email youngcarers@harrowcarers.org

YOUNG ADULT CARERS SERVICE





www.harrowcarers.org

A SUPPORTIVE NETWORK

BY YOUNG ADULTS CARERS FOR YOUNG ADULT CARERS

16-25 YRS

REGISTRATIONS NOW OPEN!

WHY JOIN US?

- We can support you in balancing your life with your caring role
- Offer opportunities to help you study, work or socialise
- Get to know other people who are in a similar situation

Call us on 020 8868 5224
or email: youngcarers@harrowcarers.org

Harrow Carers is a UK registered charity (1062149) and a Company Limited by guarantee in England (3325055)

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

Please contact us on 020 8868 5224 or email:

youngcarers@harrowcarers.org for further information

YOUNG ADULT CARERS

- Supporting your education: Assistance with finding employment, work experience, apprenticeships, and more.
- Benefits advice: Guidance on available benefits and how to access them.
- Counselling: Professional support to help you cope with your responsibilities.
- Regular meet-ups: Join us for training sessions and social events.
- 1:1 Tailored support: Personalised support to meet your unique needs.
- Workshops: Gain valuable skills in CV writing, money management, interview techniques, and mental well-being.

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.



What would happen if... Do you have a contingency plan?

A contingency plan is a course of action designed to help in responding effectively to a significant future event or situation that may or may not happen.

Harrow Carers, Harrow Council and Unpaid Carers have developed a contingency plan for carers in the event that they are unable to provide care at short notice

Please click to download your free copy for self-completion or contact us to have one sent to you in person

[Click here to download Carer Contingency Planning for an Adult](#)

[Click here to download Carer Contingency Planning for children with a disability under the age of 25](#)

Information Videos

➔ [My relative has dementia so do they automatically qualify for continuing funding?](#)



➔ [Why is Lasting Power of Attorney so important?](#)



BEFRIENDING SERVICE

Our Befriending Service for Carers

We asked our client how she felt about our befriender service, at the end of 10 weeks. She had hesitated at the start and wasn't sure she wanted a stranger in her house. Read on to see how she changed her mind:

How did you feel about befriending when it was first introduced?

I didn't know what to expect. It was a lot to think about. I thought I would give it a go. When Liz explained 'just like a friend' I knew I could open up.

How did you feel when the volunteer first showed up at your doorstep?

She was such a lovely person. I felt I had always known her.

How comfortable did you feel with your befriender? Do you think you were well matched?

We were very well matched. I could talk to her like she was my sister. I felt strong and positive. She was very pleasant, kind and very relaxed. She was very patient and gave me time to talk. It was a two-way conversation. She also learned about Karma

How do you think that your relationship developed?

We bonded. We developed a trusting relationship.

What was the best memory from your 10-week sessions?

She saw me through some family issues. Liz was a Godsend. With her help I could put everything behind me.

Would you recommend a befriender to someone else?

I definitely would. It allays loneliness. I looked forward to her visits. I was always looking forward to the day she would visit. She would come smiling, saying good morning. She is a wonderful person - positive, caring and loving.

What one thing would you change about the service, if you could?

Nothing at all.

Adele comments: The service excellent - Elizabeth was fantastic and lovely if this was 20 years ago she could see them being great friends.



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

DEMENTIA

Providing Assistance for Dementia Carers

Next dementia programme will run from the Tuesday the 1st October 2024 until Tuesday the 5th of November . The programme runs on 6 consecutive Tuesdays from 10am -2pm at 74 Pinner View HA1 4QF . Carers feel the programme has offered much needed information, advice and support.

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.

The next programme starts on Tuesday 1st October 2024.

Email: Roshanthi.pereira@harrowcarers.org for further information



Having been aware of the good work Harrow Carers provide within the Borough of Harrow, it was very exciting for me to be offered an opportunity to join the team as Dementia Advisor.

My passion for working with individuals dealing with Dementia came about when a parent in their late sixties was diagnosed with Alzheimer's and whom I then supported as a full-time carer. I then realised that supporting older adults was the direction I needed to work towards. I secured a post with Age UK and completed an Advanced Apprentice (NVQ) in Health and Social Care, studying Dementia, then progressed into a role with a Local Authority, as a Day Dare Support worker within a specialist team for older adults living with various types of Dementia, which I have since been involved in for fifteen years.

This has given me the most satisfaction in my working career ; I have had the opportunity to learn so much from the people I have supported, and I have been able to enhance my own knowledge, which I have felt has been a great privilege. I am looking forward to working within the Harrow Carers Team, and especially supporting the carers.

A warm welcome to our new Dementia Advisor



**Denise Cornell
Dementia Advisor**

**Information Dementia Hub at Northwick park hospital .
More Information**

Please contact Roshanthi Pereira Dementia lead

Tel-02088685224

Email roshanthi.pereira@harrowcarers.org

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 1.30pm-3pm.



Afternoon Drop-in's every 4th Wednesday of the month for Carers and Cared for. At Stanmore Chapel, Corner Marsh Lane/Nelson Road HA7 4HP from 1pm-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

Carer Quote



"When I joined in the first session, my knowledge and understanding of the dementia was very small. I was getting upset with my husband's forgetfulness, repetitiveness, lack of attention, listening and isolating himself. I thought he was displaying these to get attention from me and ended up in arguments. Roshanthi had great a knowledge and skills in presenting the sessions and every week I learnt a great deal of my husband's condition. Having the group discussions, analysing the different types of behaviours, finding strategies to manage were supported immensely by Roshanthi. This gave me the strength to see 'I am not the only person here' and there are different ways I could use to manage my husband's needs. I became very understanding, patient and my household became a little calmer place to live in. Although his behaviours still exists, the dementia programme made me realise that dementia is a progressive illness and I will support my husband's needs, as long as I could manage by using the knowledge. Thank you so for opening my eyes to see things clearly and it is really appreciated."

LOOKING AFTER YOURSELF

Harrow Nature Heroes and Harrow Health Walks are offering 'Walk into Wellbeing', a four-week course at Bentley Priory Nature Reserve from July 30th to August 20th. The course combines gentle exercise and nature connection to enhance mental wellbeing. Activities focus on senses, fostering a deeper connection with nature and oneself. Research shows nature exposure can improve mental health by reducing stress and enhancing mood. The course provides a safe space for participants to bond and immerse in nature, aiming to create a sense of community and strength. Refer service users for this enriching experience.

Visit the London Borough of Harrow website for more details and registration.
[Walk Into Wellbeing Course - London Borough of Harrow](#)



Walk into wellbeing

About:
Walk Into Wellbeing is a four-week course designed to nurture you with gentle exercise and nature connection. It aims to provide a safe space to talk, a chance to bond with like-minded people, and to spend time in nature.
Tuesday mornings from 30 July to 20 August,
10am to 12pm

What to expect:
Each week we will take a gentle walk around Bentley Priory Nature Reserve. The walks will be interspersed with activities based on the theme of our senses. We invite you to immerse yourself in nature and emerge feeling stronger, more grounded, connected to yourself, others and to nature. We will walk, listen to nature, poetry, and each other; sit among the trees; explore; get in touch with our creative selves (no art or drawing involved!) and just be, in this beautiful wild space.
See below to find out more.

Booking essential
enquiries: harrownatureheroes@gmail.com
Caroline 07747 467 587

Contact:

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 Carers Counseling

Our counselling service offers a safe place for you to be listened to and support you with the difficulties you're experiencing. Please give us a call on [0208 868 5224](tel:02088685224) or email talk@harrowcarers.org.

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](#)

Gardening Project in Bloom

Harrow Carers has started a brand-new gardening project with a piece of land at their events site in North Harrow. The area was overgrown but easily accessible from the main building where events and meetings are held. The project, led by Harrow Carers staff and volunteers is using “no dig” techniques to develop the site with a 25m long strip of ground that is now being used to grow a variety vegetables and flowers.

The principles that are being followed make it much easier to convert a piece of land into a productive space, but also it is a much more environmentally friendly type of gardening that focuses on soil health, enhancing soil structure and encouraging wildlife that will also help with pest control. We are using all compost from a local producer of green waste products, minimising the need for transport and using peat-free products.



We have about 40 carers enrolled in the project, with groups of around 20 on each weekly session. So far, we have had workshops on developing a no dig garden from scratch, how to plant hanging baskets, building a compost, sowing seeds, planting out a variety of seedlings and general maintenance of no dig garden beds. We will be covering other subjects such as outdoor cooking, photography and building wildlife areas including ponds.

The project is intended to provide valuable outdoor time for carers. It is known that being outdoors and gardening is extremely beneficial for both physical and mental health, with many carers leading extremely challenging lives with the demands of their caring role. The participants are also getting many ideas, tips and inspirations for projects that they can do in their own gardens. It has been exciting to hear each week that many of the carers are now inspired to work on their own gardens, adopt no dig principles and supported to spend more time enjoying their gardens, wildlife and plants!

Harrow Carers is working with local businesses and suppliers to deliver this project, and we would like to give special thanks to the Headstone Horticultural Society for their support and for supplying the wonderful plants for the hanging basket sessions.



SNAPSHOTS

Harrow Carers Family Day and Carer Awards 2024

Celebrating Carers Week

Carers Week is an annual awareness campaign dedicated to recognizing and celebrating the invaluable contributions carers make to families and communities across the UK. This year, we had a fantastic week filled with events that reached numerous carers in our community, including, marching the streets of Harrow, putting carers on the map, our very first Carers Awards, and not to forget our annual Family Fun Day at Old Lyonians.

A huge thank you to everyone who came along to support unpaid carers! This would not have been possible without you! ❤️

We were delighted to collaborate with several excellent local organisations and are truly grateful for their support. Thank you to everyone who participated and helped make this week a success!



Annis from Morrisons, Harrow
Helen Guerin from Waitrose,
Harrow Weald
Sougtani Restaurant, Pinner
Kiran Parikh from Health Pharmacy,
Rayners Lane

Co-op
Allie Brice, Harrow Council
Harrow School
Harrow Women's Institute

THANK YOU!

Thank you to our amazing judges: Matthew McKenzie (BEM), Shaun Riley, Assistant Director of Health and Well-Being Services @ Harrow Council & Shalini V Bhargava, Aschfords Law. We would also like to thank all our staff, trustees, volunteers, our amazing carers & everyone who donated prizes for our raffle.

<https://youtu.be/3ovlCkVYRbc>

We are thrilled to share the highlights of our Carers Family Celebration Day! It was a wonderful event filled with joy, laughter, and community spirit. A heartfelt thank you to everyone who volunteered, attended and helped make this event special. Your support and participation truly made a difference. Thank you once again for being a part of this unforgettable day. We look forward to many more celebrations together!

SNAPSHOTS

Advanced Dementia doesn't have to stop people being involved and having fun. Mrs D has advanced dementia and used to drive. With a bit of creative thinking and assisting Mrs D to jump on the lawn tractor we were able to bring out that beautiful smile. And what a superb lawn tractor driver she is! See our Facebook page for the video and send us a big thumbs up or beautiful comment we can share with Mrs D to spur her on.



[Watch the video](#)



Crafty vibes were in full swing at the hub! Carers shared that they had a relaxing and chilled out time ♥

What we do and how we are funded

Ever wondered how it all works? We start from our strategic mission statement: To support, inform and empower carers. Then through a combination of listening to carers, gathering evidence of need and applying for grants we try to produce a balanced programme of events, activities and support, catering for all the various needs of carers.

We are lucky to have grants from a range of organisations. Most of them however are "restricted" ie - there are very specific guidelines about what we can spend the grant on. So, for example, John Lyons specifically supports holiday activities for Young Carers, while City Bridge Trust supports the provision of financial/benefits advice and Harrow Council commissions us to deliver The Care Act Contract.

We also have two commercial parts of the organisation Elite Specialist Care delivering homecare and Novus Homeshare. Apart from providing much-needed services any small surpluses are reinvested in the charity. Finally, we are delighted to receive small and large donations from individuals and other organisations such as Pinner Rotary, Inner Wheel and many more.

Want to know more or help fundraise – please give us a call or speak to a member of the team at the Community Hub on 22nd August.



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).



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



NHS
North West London

MMR engagement and Free Health Conversations

MMR engagement:

- Unsure about your status? Ask one of our Nurses to see if you are eligible.
- Please bring your child's Red Book

Free Health Conversations:

- Available to those who are:
- 18 and over

This includes:

- Blood glucose checks
- Blood pressure checks
- Immunisations signposting
- BMI (Body Mass Index) checks
- Smoking cessation information
- Alcohol management information
- General health and well-being conversations

Tuesday 6th August 2024

10:00am - 3:00pm

**St Peters Church
Sumner Road
West Harrow
HA1 4BQ**

Visit us and have a friendly conversation with our nursing team



Healthwatch Harrow Forum

Your hospital Your health

Wednesday 4 September 2024 1.30pm - 4pm

Harrow Baptist Church
College Rd, Harrow HA1 1BA

If you have any questions, please email us: info@healthwatchharrow.co.uk or call us on 0203 432 2889




Scan me to register

www.healthwatchharrow.co.uk



Click here to book your place at the forum.



NOTICE BOARD



A Hub for our Carers Community
Open to all Unpaid Carers in Harrow
Weekly Activities - Refreshments - Free WIFI - Relax - Socialise

EVERY THURSDAY
12NOON - 2PM

CARING FOR CARERS SINCE 1996



Friday 16th August 2024
Departure - 10:30am - Old Lyonians Ground, 74 Pinner View and returning approx 3pm
£10.00pp deposit required to secure your space. This will be refunded on the day. Non-attendance will not be refunded. Please register your interest by 8th Aug by calling on 0208 868 5224.



Staff News - In the spotlight!

New Carers Support Lead at NWP Hospital

The support service at NWP Hospital, operated by Harrow Carers and led by Simon Joshua for almost a year, has seen a transition. Simon has moved to a new role within the hospital's emergency department, still under Harrow Carers, to continue assisting with meetings and events. The new lead for the carers' support service is now Janisha Patel. With over two decades of experience caring for her parents - her mother with Parkinson's and her father with cardiac issues - Janisha has been a dedicated volunteer at Harrow Carers and actively participated in their biweekly Archery sessions. She empathises with the challenges carers face when their loved ones require hospitalisation or hospital support.

The initiative not only offers assistance to family and friends involved in patient care but also educates hospital staff on the vital role carers play in providing home and hospital support. By supporting carers, ward staff can enhance successful patient discharges upon medical clearance, reducing the likelihood of readmission due to family inability to manage the patient's needs effectively.



Janisha Patel
New Carers
Support Lead at
NWP Hospital

Families often report communication challenges with hospital staff. The carers' support service serves as a direct line of communication for carers, aiding them in understanding care updates, planning safe discharges, and advocating for carers in family meetings. It also guides carers on accessing social services, including securing carers assessments, benefit advice, and financial evaluations. Carers are encouraged to consider obtaining Lasting Power of Attorney for their loved ones, a critical aspect of the discharge process.

Over the past year, Harrow Carers has enlisted hundreds of new carers through this project and provided comprehensive, tailored support to many.

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
<https://www.elitespecialistcare.org.uk>



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



COULD YOU BENEFIT FROM HOMESHARE?



VOLUNTEER ROLE: HOMESHARE ADMINISTRATION OPPORTUNITY

Join our small team at Novus Homeshare and help tackle loneliness in a friendly, worthwhile charity. Gain valuable office and admin experience or ease your way back into work.

We're looking for someone who is adaptable, has good attention to detail, and experience with Microsoft Word.

Interested? Contact us at admin@novus-homeshare.org.uk and have a chat with Vilas. Visit www.Novus-homeshare.org.uk for more details.

Join us and make a difference!

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

Thank you to Barnet Walking Football Club who have raised an amazing £500 for us!



A big thank you to the lovely ladies at the Inner Wheel:

Northwick Park District for their wonderful donation this month to Harrow Carers - Young Carers Team! Not only do we love showing them the amazing things we have done and yet to come, but also having a 'good ole chinwag' in possible new ideas to continue to raise awareness around unpaid carers!

With their kindness and generosity, we can put on more amazing activities, take part in more opportunities and continue to support Young Carers and Young Adult Carers throughout the London borough of Harrow! - Young and Young Adult Carers Team "



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 and we will support you as much as we can

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

Since January 2024, we have welcomed more than 336 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. Every little Pennie helps, thank you!



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 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