



HARROW CARERS NEWS

AUTUMN 2024 EDITION

CEO'S MESSAGE

Dear Carers and Friends,

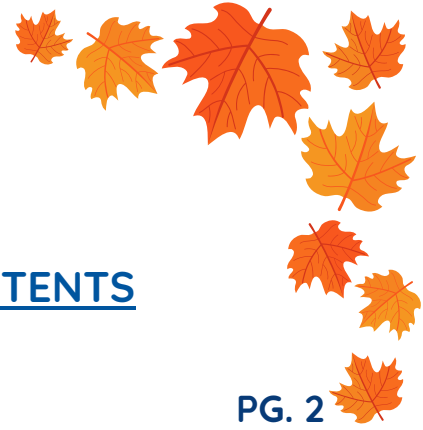
As the vibrant colours of autumn settle in and the days grow cooler, I want to take a moment to reflect on the past few months and share some exciting updates from Harrow Carers.

Unpaid carers remain the backbone of many families, especially during challenging times. With growing pressures from rising costs and increased isolation, we're committed to offering more opportunities for connection and support. All carers—parent carers, young carers, working carers, older carers, and those caring for specific conditions are encouraged to seek support.

In this newsletter, you'll find information about upcoming events, and services available to carers. I encourage you to engage with these opportunities and know that Harrow Carers is here for you every step of the way.

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](https://harrowcarers.org/) or visit our website <https://harrowcarers.org/>

**The final sessions for the year will be second week of December 2024, ending 15th December 2024.
The activity sessions will resume on the second week of January 2025 in the new year.**

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 - 2:30PM Every Thursday	Old Lionians Sports Ground 74 Pinner View HA1 4QF
	Archery - 2:30PM - 4:30PM (alternate Thursday)	Old Lionians Sports Ground 74 Pinner View HA1 4QF
Friday	Mental Health Support Group 1:30PM - 2:30PM (Every 2nd Friday & 4th Friday of the month in person) Email wellbeing@harrowcarers.org	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 Main Hall. 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 Main Hall.

All unpaid carers are welcome

Archery

Old Lionians Ground

Young Carers - Friday 25th October 2024

4.30PM - 5:30PM

Adult Carers - Thursday 31st October

2:30PM - 4:30PM

email: colin.powell@harrowcarers.org



**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**

FREE HEALTH CHECKS

Exciting update! Our Health Check initiative has been extended until the end of the year, which means you still have the opportunity to receive your FREE check!

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 over the age of 60.



UPCOMING ACTIVITIES



Upcoming Events



Oct, Nov & Dec 2024

**31st Oct
2024
12.30pm - 2pm**

Diet & Nutrition Talk

Thurs 31st Oct 2024, 12.30pm-2pm t Old Lyonians Ground, Harrow View, HA14QF Join us for a session on Diet & Nutrition

- For the carer's health - A balanced diet, fibre, and calcium for prevention of Osteoporosis.
- Diet for your loved ones: High energy requirements, poor appetite (Food first and high energy and protein, Dementia guidelines)

Please call 0208 868 5224 or email wellbeing@harrowcarers.org to register your place.



**7th Nov
2024
11am - 3pm**

Diwali Celebration

Thursday 7th November 2024 11am - 3pm at Old Lyonians Ground, Harrow View, HA14QF

Join us for a wonderful time of fun, laughter, and relaxation with music and dance. We will have a Rangoli workshop along with Mehndi Art and lots more. A hot lunch will be provided. **We are fully booked for the event.**



**21st Nov
2024
10.30am-11.30am**

Harrow Carers AGM

Thursday 21st November 2024 10.30am - 11.30am Old Lyonians Ground, Harrow View, HA14QF

Please call 0208 868 5224 or email admin@harrowcarers.org to register your place..



**21st Nov
2024
12.30pm-4pm &
7pm-8pm**

Carers Rights Day Celebration

Thursday 21st November 2024 12.30pm - 4pm Old Lyonians Ground, Harrow View, HA14QF

Working Carers Awareness Session

Thursday 21st November 2024 7pm - 8pm

Please call 0208 868 5224 or email admin@harrowcarers.org to register your place.



**6th Dec
12th Dec
2024**

Christmas Celebrations

Christmas Outing: Fri 6th December 2024, 10.30am-2pm Two course Festive Lunch at The Water's Edge Pub Ruislip Lido (£15 contribution per person)

Carers Christmas Party: Thurs 12th Dec 2024 12pm-3pm Old Lyonians Ground, Harrow View, HA14QF

Please call 020 8868 5224 or email wellbeing@harrowcarers.org to register your place.



OUR YOUNG CARERS



HOWL'O'WEEN CHESSINGTON WORLD OF ADVENTURES

WEDNESDAY 30 OCTOBER 2024

MEETING AT: 9:00AM
HARROW CARERS OFFICES, 376-378 PINNER RD, HA2 6DZ
RETURNING TO OFFICE AT APPROX 6:00PM

AGES 5-15 YEARS

Please bring a packed lunch, water bottle, snacks and/or money to buy at venue

Please wear warm outdoor clothing.

Please remember to take/bring travel sickness medications.

To book a place for your child, please reply to this email / to:
youngcarers@harrowcarers.org

With your child's name, age, and parents / guardians phone number.

IMPORTANT: Please let us know if you need to cancel as many children are placed on a waiting list.



Hello Autumn! Exciting times ahead for young folks!

Get set for an Autumn packed with screams 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 spooky chance to start to Autumn!



FRIGHT NIGHT at Thorpe Park

MONDAY 28 OCTOBER 2024

MEETING AT: 2:30
HARROW CARERS OFFICES, 376-378 PINNER RD, HA2 6DZ
RETURNING TO OFFICE AT APPROX 9:30

AGES 16-25 YEARS

PLEASE BRING TRAVEL SICKNESS MEDICATION, WATER BOTTLE, SNACKS AND/OR MONEY TO BUY AT VENUE

To book a place for you or your child, please reply to this email / to:
youngcarers@harrowcarers.org

With your or your child's name, age, and parents / guardians or your phone number.
You will receive confirmation via email

IMPORTANT: Please let us know if you need to cancel as many children are placed on a waiting list.



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

Please email youngcarers@harrowcarers.org for more information

OUR YOUNG CARERS



HARROW JOBS FAIR AND APPLICATIONS ASSISTANCE

Join us for a day of networking, job opportunities, and career growth as we connect jobseekers with top employers in the area at Harrow Jobs & Volunteering Fair. Followed by help from our practitioners in applications assistance and advice

THURSDAY, 31 OCTOBER 2024

- At Harrow On the Hill Station for Fair: 10am
- At Greenhill Library for Job Application Assistance: 2pm

To book a place, reply to this email / to: youngcarers@harrowcarers.org With YC/YAC name, age, and phone 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

Exciting Trips and Opportunities for Your Children!

At Harrow Carers, we're proud to offer amazing trips and opportunities to help your child/ren thrive. From fun outings to skill-building experiences, we're dedicated to supporting their growth and success. Now, we're turning to you! Help us continue to provide these exciting activities and opportunities by supporting our efforts. Together, we can empower the next generation and give them the best chance for a bright future. www.totalgiving.co.uk/donate/harrow-carers

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)

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.

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

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 which is completed by Harrow Council Adult Social care (020 8901 2680).

If you receive a state pension, you could be eligible to increase your weekly income by claiming Pension Credit. Claiming Pension Credit could also mean you can get extra help with Dental Costs, TV License, (75 years and over), Council Tax and Winter Fuel Payments.

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.



Pension Credit

Pension Credit is extra money to help you cover your costs if you're over State Pension age and living on a low income. You might be able to get it even if you have other income, savings or assets.



Winter Fuel Payments are now linked to Pension Credit

If you receive a state pension, you could be eligible to increase your weekly income by claiming Pension Credit. Claiming Pension Credit could also mean you can get extra help with Dental Costs, TV License, Council Tax and Winter Fuel Payments.

[Check your eligibility now>>>](#)

Help with the Cost of Living

If you don't have enough money to live on, you might be able to get help to afford essentials like bills and food. This includes the Household Support Fund and cost of living payments. You should check if you can claim benefits - you might be able to do this even if you work, have savings or own a home. Check the Citizen's Advice Bureau website, to see what help you could get

What support could you get? Find out more on the website. [➔ More](#)



BEFRIENDING SERVICE

A befriender's personal account

As our Befriending Service enters its second year, it's success is evident through the feelings expressed by the volunteers and clients.

Chirag is one of our befriending volunteers. His experience with his second client, felt more challenging than his first. Sam, the client was complicated. He had faced more struggles in his life. He had experienced a difficult journey from his motherland, his wife was in a home. He was quite down. His solace was his religion, something Chirag didn't really understand. After their first meeting, Chirag worried as to how it would proceed. But he wanted to fulfil his role so he decided to truly commit himself to helping Sam. In his own words, this is how the second and third session went:

"My second visit with Sam went very well. We spoke about his grandsons upcoming surgery, religion, his time as a nurse, politics and his general mood and general wellbeing. Since our last session I took the time to learn a bit more about religion so that I could understand him and his angle a bit more. I've concluded that he's a misunderstood gentleman who like many people has had a hard life. He displays a lot of self-awareness and is extremely good to talk to, as he is very intelligent and measured with his words. I look forward to my session with him next week and any apprehensions I had before are a thing of the past".

And the third visit:

"He is a very open and caring man that has been great to work with. I see a lot of similarities between Sam and I but there is still this deep underlying sadness and longing for connection that makes me wish I could do more. But unfortunately, I can't."

What a better illustration of the journey that both client and volunteers undertake during befriending. Both win.

Please contact Kalpana Mehta, Befriending Co-ordinator, on 07719 068413 or 020 8868 5224 if you are a carer or volunteer interested in the befriending service.



**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 Thursday the 30th of January - Thursday the 6th of March from 10am-1pm at 376-378 Pinner Road, North Harrow HA26DZ. The programme runs on 6 consecutive Thursdays from 10am -2pm. 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 Thursday the 30th of January.

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



Our Dementia Carers and cared-for's had an amazing time yesterday engaging in fun activities and heartfelt conversations!



At the Dementia Café/Information Hub event at Northwick Park Hospital



Carer Quote

On the 17th September, the Harrow Carers arranged a very enjoyable day at their venue at Pinner View. We had an interesting talk while our loved ones were entertained by doing a quiz and other activities. There followed a delicious lunch and a great fun afternoon of singing and dancing. It was lovely to see everyone enjoying themselves singing and dancing. The songs reminded us all of our younger days and our dancing of what we could manage a few years ago. I expect there were a few aching legs later. Thank you to all the carer team for a super day.

Carer - Mrs S.H



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



Friendship Café Updates

Stanmore Chapel

- Final Café for 2024: Wednesday, 27th November 2024
- Café resumes: Wednesday, 22nd January 2025

Old Lyonians (OL)

- Final Café for 2024: Wednesday, 4th December 2024
- January 2025 Café Starting Wednesday, 8th January 2025

Dementia Café / Information Hub - Northwick Park Hospital

Held every 3rd Wednesday. For more information, please email Roshanthi.pereira@harrowcarers.org for details.

Keeping warm and well in winter

Keeping warm in winter is important as we get older as cold weather and winter bugs can affect us more than they used to. Winter weather can also stop us from getting out and about sometimes. But there are things you can do to stay warm and well and prepare yourself and your home for the winter period.

- Keep moving
- Eat well
- Get your winter vaccinations
- Make sure your home is warm enough
- Stop the spread of germs
- Wrap up well
- Using hot water bottles is a cost-effective way to stay warm,
- Hot water bottles should be replaced every two years to prevent accidents and burns.
- An ITV campaign urges people to check their hot water bottle's expiry date using a 'flower wheel' system².
- ITV expert issues hot water bottle expiry date warning | Express.co.uk
- The hidden code on hot water bottles is crucial for safety, as they don't last as long as you may think.



Information Leaflet

https://assets.nhs.uk/nhsuk-cms/documents/502660_NHS_HUHY_STAYWELL_12PP_LEAFLET_AW_7_a_Web.pdf

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](#)

SNAPSHOTS



We had a fantastic day of celebrations as our carers enjoyed a lovely afternoon celebrating Navratri! The atmosphere was filled with joy, vibrant colors, and a sense of community as everyone came together to celebrate. The highlight of the event was the opportunity for our carers to showcase their final creative pieces, which truly reflected their talent and dedication. Thank you to all who made it such a memorable day! Thank you to Create Charity

CREATE ARTS.ORG.UK



Winter Vaccinations and Health

As winter approaches, there are steps you can take to stay well, including getting your flu and COVID-19 vaccinations. These vaccines are essential for boosting your protection and reducing the risk of severe symptoms.

Who Should Get the Flu and COVID-19 Vaccines?

- You are eligible for both the NHS flu and COVID-19 vaccines if you:
- Are aged 65 or over (including those turning 65 by 31 March 2025)
- Have certain health conditions
- Are pregnant
- Are a frontline health or social care worker
- Live in a care home for older adults



Carers, care home residents, and those living with someone who has a weakened immune system are also eligible for the flu vaccine. Children aged 2 to 17 can get the children's flu vaccine, and some children with specific health conditions may also receive the COVID-19 vaccine.

How to Get the Flu Vaccine

 If you're eligible, you can:

- Book a flu vaccination appointment at a [pharmacy online](#) or via the NHS App (if you're 18 or over)
- Find a [local pharmacy](#) offering NHS flu vaccinations
- Contact your GP surgery to book an appointment

Some may receive vaccinations through their maternity service, care home, or employer if they are frontline health or social care workers.

Stay protected and help keep yourself and others healthy this winter!



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
- @** 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).

Adult (18+) community-based specialist palliative care

Since December 2021, NHS North West London has collaborated with patients, carers, and stakeholders to shape the future of adult community-based specialist palliative care. A new care model has been developed, and public consultations on service delivery options will take place soon. For more details, visit www.nwlondonicb.nhs.uk/cpsc.




Community-based specialist palliative care improvement programme

Work with us to understand how we can improve the experience for all adults who use community specialist palliative care services in North West London



We are actively collaborating with others to create an online information and assessment service tailored for carers. If you're interested in joining this workshop on November 12th at 10 AM, please follow the online link:

[Join Microsoft Teams Meeting](#)

Calling all Volunteers!

Do you want to make a difference to older peoples lives by visiting them in their own home and supporting them to link with the local community?



"it was something truly worthwhile"

All you need is 2 hours a week for 6 months

You will receive training and become part of our team of caring befrienders.



For information, please contact Harrow Carers



- 020 8868 5224
- admin@harrowcarers.org
- Harrow Carers, 376-378 Pinner Road, North Harrow, HA2 6DZ



NOTICE BOARD

Conversation Café is a welcoming and safe drop-in session. It is an opportunity for Harrow residents to meet face-to-face with friendly staff from the London Borough of Harrow and community partners.

All Harrow residents are welcome to come along for a chat. We especially encourage people who feel vulnerable, as well as those living with a disability or who are unpaid carers. We can also help you:

Access information online

Create your own My Harrow Account which can help you manage your council tax and housing.

Get support from our partner voluntary organisations and charities.

When can I attend a Conversation Café event?

- St Peter's Church every Tuesday 10.00am - 2.00pm until 17th December 2024 (Christmas break). Colbeck Road, West Harrow, HA1 4BX
- Flash Musical Theatre every Wednesday 10.30am - 1.30pm until 18th December 2024 (Christmas break). Methuen Road, Edgware, HA8 6EZ
- Red Brick Café every Thursday 10.30am - 1.30pm until 19th December 2024 (Christmas break). Wealdstone Centre, 38 - 40 High Street, HA3 7AE
- Citizens Advice Harrow join the team at St Peter's every Tuesday from 10am - 1pm.

www.harrow.gov.uk/conversationcafe



Accessible Information & Advice Services



Carer in the spotlight!

Poem by Helen Fanshawe

Our Support Group

We know the lines of worry
the bone-ache of tiredness
the 'what ifs?' the 'what whens?'

We tell out our current lives
in this mysterious present
as Carers for our loved ones.

We share the tears, the laughter
find comfort from those who know
who care and understand.

Here in safety and sympathy
we bond over awful faux pas
and find joy in the sharing.



How did I come to write the poem?
My husband has Dementia, Diabetes
and is quite deaf. I am his Carer, it's
a tough gig!!! He started attending a
Day Centre just over a year ago, he
goes twice a week. This gives me
time to pursue my own interests -
which is wonderful. As Carers we
need to find time for ourselves!!

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 to rehna.tanna@harrowcarers.org or written submissions to the office.

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 Healthsense PCN who raised an amazing **£565** for us!



They Did It! From Start to Finish! Join us in celebrating the incredible achievement of the Healthsense PCN team! They've successfully completed their virtual challenge—walking, running, cycling, and swimming over 642 miles from Harrow to Paris and back, all to raise vital funds for Harrow Carers.

We want to say a huge thank you to the team for their dedication, hard work, and every mile covered! Your commitment has been truly inspiring. We also want to extend our gratitude to everyone who supported them along the way—your encouragement and contributions have made a world of difference. Thank you to all involved for helping us make a real impact!



We would like to express our heartfelt gratitude to Stanmore Chapel for their generous support, as well as to Annis, our Community Champion from Morrisons in Harrow.



Fundraise for us!

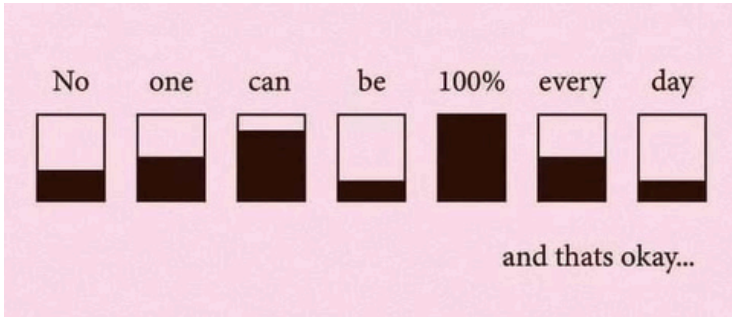
Could you give a couple of hours of your time to organise a fundraiser, such as a coffee morning or a bake sale, to raise vital funds to support our work? Please call or email rehna.tanna@harrowcarers.org and we will support you as much as we can

FINAL NOTES



Mark your diaries and don't forget to join us on Thursday 21st November for Carers Right's Day 2024

Carers Rights Day is about raising awareness of the rights the UK's 5.7 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.



Use NHS 111 to get to the help you need

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you.

<https://111.nhs.uk/>

Since April 2024, we have welcomed more than 320 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 Penny helps, thank you!



DONATE

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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 disha.patel@harrowcarers.org for next steps.

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