

# HARROW CARERS NEWS

SUMMER 2025 EDITION



## CEO'S MESSAGE

Dear Carers and Friends,

Greetings and a heartfelt welcome to the latest edition of the Harrow Carers newsletter. I hope this message finds you in good spirits, healthy, and filled with positivity as we embrace the lovely summer season.

Thank you to those of you who created the colourful tiled artwork that proudly adorns our walls at the entrance to our building. When you next visit the office please do take a moment to look at the beautiful artwork which brings positive thought and colour to our building.

We want you to know that we are always here to support you, so please don't hesitate to reach out to us.

If you have any ideas about what you would like to see in future newsletter additions, please do let us know by email to [admin@harrowcarers.org](mailto:admin@harrowcarers.org)

Thank you for taking the time to read our newsletter.

Warm regards,  
Colin Powell, 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



@carer.harrow

# WEEKLY ACTIVITIES

## Harrow Carers Groups & Activities



\*If you would like to join any of the activities please contact [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) 020 8868 5224 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>	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	<b>Qigong - 11:45AM - 1:15PM</b>	Old Lyonians 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)	Zoom/Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
<b>Wednesday</b>	<b>Zumba - 10:15AM - 11:15AM</b>	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	<b>Pilates - 11:30AM - 12:15PM</b>	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	<b>Friendship Cafe - 1:30PM - 3:30PM</b> (every 1st Wednesday of the month)	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
	<b>Sewing Club - 2:00PM - 4:00PM</b> (held every other Wednesday of the month)	Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ
<b>Thursday</b>	<b>Community Hub - 12:00PM - 2:30PM</b> <b>Every Thursday</b>	Old Lyonians Sports Ground 74 Pinner View HA1 4QF
<b>Friday</b>	<b>Mental Health Support Group</b> <b>1:30PM - 2:30PM</b> (Every 2nd Friday & 4th Friday of the month in person) Email <a href="mailto:wellbeing@harrowcarers.org">wellbeing@harrowcarers.org</a>	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**



STORIES OF HARROW - HARROW GIVING

### Harrow Giving

Stories of Harrow Workshop coming soon –  
Share Your Journey (for unpaid carers)

Join us for a creative and reflective workshop. Share your stories of being a carer and contribute to a special recipe book celebrating culture and care.

✨ Bring photos, keepsakes, or family recipes with a story

✨ No recordings without permission – just a safe, supportive space

📞 Get Involved: If you'd like to share your story or learn more, please contact Komal at [Komal.Malhotra@harrowcarers.org](mailto:Komal.Malhotra@harrowcarers.org).

Together, let's celebrate and preserve the invaluable contributions of unpaid carers in our community.

## DONATE

**As a charity reliant on donations and grants, we welcome support through donations, volunteering, or bequests. Every contribution matters—thank you!**



**Make a difference today**

**DONATE** ❤️

# UPCOMING ACTIVITIES

## Upcoming Events



## Aug/Sept 2025 Activities

**7th Aug  
2025  
1pm-2pm**

### **Healthy Eating talk by Public Health Harrow Carers Main Hall**

**Thursday 7th August 2025 1pm-2pm at  
Harrow Carers Main Hall, 376-378 Pinner  
Road HA2 6DZ**

Please call 020 8868 5224 or email  
[wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to book your place



**14th Aug  
2025  
1pm - 2pm**

### **Carers Co-production Session**

**At the Community Hub**

**Thursday 14<sup>th</sup> August 2025, 1pm - 2pm at Old  
Lyonians Ground, Pinner View, HA1 4QF**

Share your views, thoughts and opinions on our  
activities. Please call 020 8868 5224 or email  
[wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) for more details



**21st Aug  
2025  
1pm-2pm**

### **Create your own Vision Board**

**At the Community Hub**

**Thursday 21st August 2025, 1pm - 2pm at Old  
Lyonians Ground, Pinner View, HA1 4QF**

Please call 020 8868 5224 or email  
[wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) for more details



**28th Aug  
2025  
1pm-2pm**

### **Karaoke & Dancing comes to the Hub**

**At the Community Hub**

**Thursday 28th August 2025, 1pm – 2pm at Old  
Lyonians Ground, Pinner View, HA1 4QF**

Please call 0208 868 5224 or email  
[wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) for more details



**11th Sept  
2025  
1pm-2pm**

### **Digital Awareness**

**At the Community Hub**

**Thursday 11th Sept 2025 1pm – 2pm at Old  
Lyonians Ground, Pinner View, HA1 4QF**

Please call 0208 868 5224 or email  
[wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to register your  
place. **Please bring your device fully charged.**





# UPCOMING ACTIVITIES



## Digital Skills Workshop

We are excited to invite you to a special digital session hosted by AbilityNet – a charity that supports older people and disabled people with technology.

This fun and interactive workshop is aimed at beginners and will cover the following:

- Getting started
- Staying safe
- Solving problems



**Please bring your device with you (fully charged)**

Date: Thursday 11th September 2025  
Time: 1pm–2pm  
Venue: Old Lyonians, 74 Pinner View  
Harrow HA1 4QF

To book your place for this session please email:  
[admin@Harrowcarers.org](mailto:admin@Harrowcarers.org)  
or call 020 8868 5224

JOIN OUR  
LEARN TO  
RIDE  
SESSIONS



## Learn to Ride – August Sessions Available

There are still places available for our Learn to Ride course this August. **Sessions start at 10am on the following dates:**

**Monday 4 August**  
**Wednesday 6 August**  
**Friday 8 August**  
**Monday 11 August**

Whether you're just starting out or need a confidence boost, come along and give it a go! Email [admin@harrowcarers.org](mailto:admin@harrowcarers.org) or give us a call



# OUR YOUNG CARERS



## Young Carers Festival 2025

Celebrating 25 years of YCF, our Harrow crew joined hundreds of young carers for a weekend of camping, obstacle courses, dancing, and laughter. It was a joyful reminder of the power of friendship, resilience, and fun.

[https://www.instagram.com/reel/DLr4biNs5SP/?utm\\_source=ig\\_web\\_copy\\_link&igsh=ZmlrYmZqb3piNzcz](https://www.instagram.com/reel/DLr4biNs5SP/?utm_source=ig_web_copy_link&igsh=ZmlrYmZqb3piNzcz)



## Heinz Work Experience: Broadening Horizons

Over three inspiring days, young carers explored life inside Heinz — from office tours and career talks to a creative challenge designing a new beans flavour. They built skills in teamwork, public speaking, and finance, and presented their ideas to a panel of Heinz judges. Team Burrito Beans took the win, but every participant shone with confidence and creativity.

Young carers in Harrow, under 18, assist family members or friends with health challenges or disabilities. Harrow Carers provides personalised support, including school drop-ins, one-on-one guidance, monthly outings, and holiday activities. These services aim to offer respite, build resilience, and connect young carers with peers. Since 1996, Harrow Carers has been supporting and empowering young carers in their responsibilities and personal development.

If you'd like to support young carers in Harrow, consider donating. Your contribution helps provide vital services, activities, and opportunities for children and young people who care for loved ones — giving them the chance to thrive, connect, and enjoy their childhood. 🧡

**DONATE** ❤️

Are you a young carer? Contact us at 020 8868 5224 or email: [youngcarers@harrowcarers.org](mailto:youngcarers@harrowcarers.org). We're here to provide free support and wellbeing services for unpaid carers.



**FOLLOW US**

@harrow.youngcarers

# 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.

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

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

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

## **P** Blue Badge Scheme – Quick Guide

If you have a disability, a Blue Badge helps you park closer to your destination. Our Information & Advice team can assist with applications—call Anne or Radha on 020 8868 5224 to book an appointment.



### Health and care costs

#### ✓ Where You Can Park

- On single/double yellow lines for up to 3 hours (unless loading is restricted)
- At on-street meters and disabled bays (free and no time limit unless stated)

#### ⚠ Check Before Parking

- Off-street parking rules vary—always check signage
- Special rules apply in central London boroughs and Red Routes

#### 🚫 No Parking Zones

- Pedestrian crossings, bus stops, cycle lanes, school zones, and places causing obstruction

#### 🇪🇺 Applying

- £10 fee (refunded if unsuccessful)
- For on-street use only
- [Blue Badge scheme - Rights and Responsibilities](#)

You, and/or the person you care for, may be able to get help with health costs (such as prescriptions) and with arranging and paying for care and support.

<https://carers.org/health-and-care-costs/health-and-care-costs>

We kindly ask for a donation when assisting with form filling. Your contribution helps us improve our services and reach more unpaid carers when they need it most. Every donation makes a difference—thank you for your support!



## The power of talking

In the last of our series on befriending and its impact, I would like to focus on the benefit of talking to someone when life and events around you may be tough.



Many of our carers turn down befriending saying that they don't need someone to talk to, that they have friends and family who support them. Some say they are perfectly able to look after their loved ones by themselves. They pride themselves in being strong – the ones others turn to, the ones who hold it together.

Opening up to someone isn't a sign of weakness. Nor is it an admission that you can't cope with your duties towards your loved ones.



Allowing yourself to put your feelings into words will empower you. It will help you see your path more clearly and give you the strength to carry on.

### Talking

- reduces isolation: sharing your experiences with someone you trust can help break down these feelings and remind you that you're not alone.
- promotes understanding: revealing your struggles to an empathetic listener allows you to trust and connect with the outside world.
- facilitates problem-solving: sometimes by simply verbalising your thoughts helps you see a different perspective and identify potential solutions.
- is a release: holding onto feelings of stress, anxiety or sadness can be incredibly draining. Offloading to someone is a huge release.

**Remember even the strongest people have limits. And just because you can carry a heavy load, this doesn't mean you should do it alone. Give our befriending a go, you will see for yourself how a problem shared is truly a problem halved.**



**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, Befriending Co-ordinator at [kalpana.mehta@harrowcarers.org](mailto:kalpana.mehta@harrowcarers.org)**

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



# DEMENTIA SUPPORT

**Friendship Cafe** ♡♡  
For Carers & Cared for

 Harrow Carers  
Inform, Support & Empower



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](mailto:roshanthi.pereira@harrowcarers.org)

\*Mild to moderate dementia people who have been diagnosed within the last few years

**Care Home Support Group** ☕

 Harrow Carers  
Inform, Support & Empower



Do you have a loved one in a care home?  
Come and join our  
Care Home Support Group  
and chat over hot beverages and biscuits!

**Dates:** Monday 11<sup>th</sup> Aug 2025  
Monday 8<sup>th</sup> Sept 2025  
Monday 13<sup>th</sup> Oct 2025  
**Time:** 10.30am- 12pm  
**Venue:** Harrow Carers  
376-378 Pinner Road  
Harrow HA2 6DZ

**MORE INFORMATION**  
To book your place or find out more contact:  
Roshanthi Pereira  
Email: [roshanthi.pereira@harrowcarers.org](mailto:roshanthi.pereira@harrowcarers.org)  
Tel: 020 8868 5224

 [www.harrowcarers.org](http://www.harrowcarers.org)

Watch a video about early onset dementia



**We are dementia friendly** 🌸

A place where people with dementia are understood, respected and supported.

 Harrow Carers  
Support, Training & Advice



 **John's Club** 🌸  
First Friday of every month at  
2pm



Cost £5 (Carers and members free)

Free tea/coffee & biscuits

Free parking



**John's Club is for Dementia Carers and their loved ones**

A social gathering with specific activities in the future

**Bentley Priory Museum, Mansion House Drive  
HA7 3FB**



# DEMENTIA SUPPORT

## Dementia Support Programme

### Harrow Carers are here to help you



- ✓ 1-1 Telephone or home visit support
- ✓ 6-week Dementia Information & Support programme for carers that includes sessions on:

- Managing Stress and Wellbeing
- Reasons for changes in behaviour
- Communication
- Planning for the Future
- Other Support Services available for dementia carers and dementia cared for.

**Week 1** - Monthly Friendship Cafe for Dementia Carers & Cared for at 74 Pinner View HA1 4QF  
Sessions run 1st Wednesday of the month  
Time: 1:30pm-3pm

**Week 2** - Monthly Care Home Support group for carers at 376-378 Pinner Road HA2 6DZ  
Sessions run 2nd Monday of the month  
Time: 10:30am-12noon

**Week 3** - Monthly Dementia Information Hub for carers at Northwick Park Hospital  
Sessions run 3rd Wednesday of the month  
Time: 2pm-4pm

**Week 4** - Monthly Friendship Cafe for Dementia Carers & Cared for at Stanmore Chapel, Corner of Marsh Lane/Nelson Road HA7 4HP  
Sessions run 4th Wednesday of the month  
Time: 1pm-3pm



### Home Visits



If you would like a home visit to chat with a dementia advisor, please contact us.

The dementia advisor can provide tailored information and advice to dementia carers and identify/signpost to additional support networks.

Please contact - Dementia Advisor  
Kerstin Williams (Tuesday & Wednesday)  
[Kerstin.Williams@harrowcarers.org](mailto:Kerstin.Williams@harrowcarers.org)  
07495323919

#### Friendship Cafe Feedback

*"Derek and I have been coming to Harrow Carers Friendship Cafe at Pinner View when it was set-up almost 3 years ago.*

*It gives us a safe place for conversation, friendship, and for Carers to share their experiences in little groups without being judged. There is laughter and tears. This is all extremely valuable to be with people going through similar experiences as we understand the anxieties and stresses and fears. There is also some practical advice offered. It's enjoyable to see some of our loved ones sometimes engaged in conversation with each other!*

*We can relax with a cuppa and a biscuit (or cake!) and chat with some of the wonderful Harrow Carers team.*

*Thank you so much"*  
(Carer Pippa)



**Next Programme in October 2025**

**Contact Roshanthi, Dementia Team Lead**

**[Roshanthi.pereira@harrowcarers.org](mailto:Roshanthi.pereira@harrowcarers.org) or 020 8868 5224**



# LOOKING AFTER YOURSELF

## Harrow Weight Management Programme



Harrow Council writes “Being overweight or obese is a high-risk factor for developing serious health conditions such as type 2 diabetes, heart disease, and certain cancers. When BMI is over 25, the risk of these obesity-related illnesses increases significantly. Maintaining a healthy weight can help prevent these conditions and support long-term wellbeing. To help residents achieve a healthier weight, Harrow Council is working with Slimming World to offer a **FREE 12-week Weight Management Course**. Supporting a healthier you!

This programme is open to adults aged 18 and over with a BMI over 27.5 who either live in Harrow or are registered with a Harrow GP. Slimming World focuses on sustainable lifestyle changes through expert guidance on healthy eating, encouragement to move more, and weekly group support. It offers a practical, community-based solution to help individuals lose weight and build healthier habits.”

To check if you're eligible and register for the programme, call 01773 546169 or visit the [Harrow Weight Management Programme](#). More You can calculate your BMI online (you should not use this tool to diagnose any symptoms).

## Grief and Loss Workshops

The sessions will be running on the following Thursdays:

**4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> October, 6<sup>th</sup> November and 27<sup>th</sup> November**

from 2:30-4pm in the Main Hall at the Harrow Carers Office.

These drop-in sessions provide a safe space for carers to share their thoughts, feelings, and emotions openly. While each session may focus on a specific topic, participants are encouraged to discuss anything related to Grief and Loss.

To register your interest, please email [disha.patel@harrowcarers.org](mailto:disha.patel@harrowcarers.org) or call the office on 020 8868 5224.

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

#### **Harrow Carers Counselling**

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](mailto: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](#)

## Reflections from the Field: A Summer with Grumps

Written by David Bell

What a summer it has been—early June saw the beach car parks full by mid-morning thanks to the lovely sunny weather. There's been exciting sport on the TV too: new stars emerging at Wimbledon, the Women's FIFA football, and thrilling five-day test matches. The world is changing fast—gone are the days when scoring 10 runs before lunch in cricket was considered a successful morning.

This morning, I called in to see Nan and Grumps. Nan said, "Grumps was unbearable as he couldn't get the TV to work; could I call round and also take a bottle of milk?" I took the "bottle" of milk, and Grumps thought I was George the milkman. He asked if I still had Henry the horse pulling the milk cart.

He recalled the time he had an argument with his neighbour Harry, who was shovelling up the horse droppings for his roses. Grumps claimed, "He was not entitled to them as he was not their milkman and I wanted them." He didn't speak to Harry again for years.

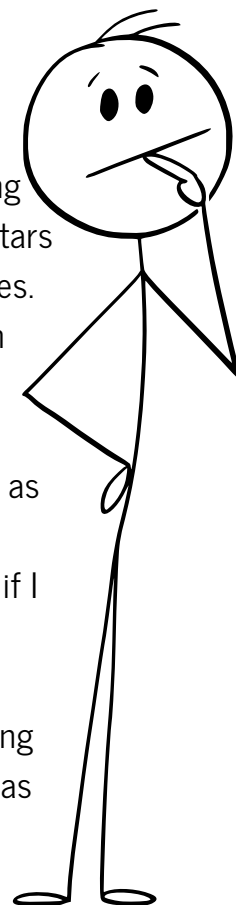
I remembered the times when, as a boy, we played cricket together on the beach. Grumps would get annoyed with me because I wouldn't give him a catch so my younger brother could get a bat.

The TV works again now—the remote was in the pot on the window sill. Nan can finally get some peace.

I am not George or the milkman, and it is sad that Grumps doesn't remember me or the good times we had together. How life and expectations change, and how difficult it can be coping with the changes in the relationships with the ones we love. Sometimes referred to as the long goodbye, I expect many will have similar stories. It may help others if you share them.

Do you have a story to tell?

**We'd love to hear from you. Sharing your experiences can bring comfort and connection to others going through similar journeys. Please email your story to [rehna.tanna@harrowcarers.org](mailto:rehna.tanna@harrowcarers.org)**



Footnote: United Daries had a stable and yard with about 50 horses and milk floats serving the whole of Harrow in the 1950's. Debenham's extended their store on the site. What has happened since. All has been assigned to history, even the restaurant serving high tea in bone China cups and a pianist on a grand piano playing each afternoon.



# SNAPSHOTS



We've had an incredible day celebrating Carers Week 2025 at our Information Event! From inspiring conversations to meaningful connections, today was a beautiful reminder of our caring community's strength, compassion, and resilience.

Thank you to all the carers, supporters, speakers, and volunteers who made the day so special. Your presence, energy, and stories brought the theme 'Caring About Equality' to life.



## Carers Trip to Bentley Priory Museum

We recently enjoyed a wonderful trip to Bentley Priory Museum, where carers had the chance to explore the fascinating history of the RAF and the pivotal role Bentley Priory played during the Battle of Britain.

The visit offered a peaceful break, a chance to connect with others, and time to reflect in the beautiful surroundings of the museum and gardens. It was a day full of discovery and shared stories. Thank you to everyone who joined us—we hope to organise more outings like this soon!



## CREATE ARTS.ORG.UK

*by Rowena, a participant in this wonderful course.*

*"I registered on the course with curiosity to learn a new art. On the first session I was apprehensive as I had to choose and draw my intended creation. I felt a bit overwhelmed however the ideas of others and the enthusiasm radiated around the group. Soon we all had a plan.*

*Surprisingly cutting the tiles was not difficult but I made the most mess. There was plenty of choice which I needed for the variety of coupons in my piece. Throughout Teresa and her helpers were in attendance and helped each of us when asked. Even though impatient to start the meditation at the start of each session was a tonic to have a peaceful and fun morning.*

*Normally Mondays I did not look forward to and now after week 3 I was looking forward to Mondays and tried to get in early as I very much enjoyed making my creation. At each session the work was placed and resulted in us sitting near different people. Although busy we chatted whilst we worked. I found that due to my commitments I had missed out on getting to know other carers but now I had made new friends.*

*It was very special to have my mosaic at the entrance to Harrow Carers - so glad Teresa got us to finish the tile and to glue it to the wall. A finished work of art.*

*Looking back I shall miss the Monday morning mediation, the warm welcome, the inspirations and creativity and the caring and sharing."*

### Art That Narrates a Story, One Piece at a Time

In recent weeks, our talented carers, guided by artist Teresa Paiva, have crafted stunning mosaics.

These sessions provided adult carers with a delightful, hands-on creative escape—a wonderful opportunity to unwind, connect with others, and express themselves through vibrant colors and intricate patterns.

Creativity fosters confidence, enhances connection, and brings a sense of calm. A heartfelt thank you to Create!



We extend our heartfelt thanks to Sagar Ceramics in North Harrow for generously donating spare tiles to support our mosaic group.





# NOTICE BOARD



**Harrow Parent Carer Forum**

**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**

 <b>HarrowParentCarerForum</b> HarrowParentCarers	 <b>@HpfHarrow</b>
 <b>HarrowSendNoticeboard</b> The Harrow SEND Noticeboard has regular local and national news updates and information	 <b>harrowparentforum</b>

**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).



**Patient & Carer Participation Group**

## MONTHLY MEETING

Your chance to hear about your hospitals and make your voice heard!

**NORTHWICK PARK, EALING AND CENTRAL MIDDLESEX HOSPITALS**

Online and also on each of the three hospital sites. Please contact us for more details, through Harrow Carers.

Email: [hospitalservices@harrowcarers.org](mailto:hospitalservices@harrowcarers.org)



## FAMILY AND FRIENDS SUPPORT

If your loved one is receiving care in our Harrow Community Mental Health team, we are here to support you.

Do come and have a chat and a cup of tea with a member of the clinical team. Each week we have different guest speakers, such as psychology, employment services, social prescribers, home treatment team, pharmacy, Harrow Carers and other third sector organization.

**When:** The third Wednesday of every month from 4pm to 5pm

**Venue:** Bentley House Room 12

**Future sessions for 2025:**  
19 Feb, 19th March, 16 April, 21 May, 18 June, 16 July, 20th<sup>th</sup> August, 17th September, 15th October, 19th November, 17th December.

If you would like to attend or have more information:  
Please email: [cnwl-harrowmh.carerssupport@nhs.net](mailto:cnwl-harrowmh.carerssupport@nhs.net)  
or ask reception.

## Calling all Volunteers!

Loneliness affects millions of people – but together we can change lives

Are you passionate about supporting others?

Do you want to be involved in making a stronger, more caring community?

All you need is 2 hours a week for 6 months

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



For information, please contact Harrow Carers



 **Priti Suchak**  
020 8868 5224  
 [priti.suchak@Harrowcarers.org](mailto:priti.suchak@Harrowcarers.org)  
 **Harrow Carers, 376-378 Pinner Road, North Harrow, HA2 6DZ**



# NOTICE BOARD

Check our website for August and September events; some venues are closed for summer updates. [www.harrow.gov.uk/conversationcafe](http://www.harrow.gov.uk/conversationcafe)

## Women's Health Day

Join conversation café on Tuesday, August 5, 2025, from 11:00 AM to 1:30 PM. Details on our website.

## Participants Needed

Harrow Council are seeking individuals with disabilities, unpaid carers, pensioners, and those with long-term health conditions for discussions on digital exclusion. Contact us at [conversation.cafe@harrow.gov.uk](mailto:conversation.cafe@harrow.gov.uk).

## Device Recycling

Please recycle your old smartphones and devices by donating to Voluntary Action Harrow. More info at [www.vah.org](http://www.vah.org)



## Leave a gift in your Will

We recommend that you contact a solicitor or a professional Will writer first. They are best placed to help you write your Will and ensure that everything is done correctly.

If you already have a Will and would like to change it to include a gift to charity, they will be able to advise you on this too.

We appreciate that making these decisions is a big deal and we want to do our best to help. If you would like further information about leaving a gift in your Will, you can email [rehna.tanna@harrowcarers.org](mailto:rehna.tanna@harrowcarers.org) or call us on 0208 868 5224.

If you'd like to include Harrow Carers in your Will, simply insert the following message:

***I give to Harrow Carers, 376-378 Pinner Road, North Harrow, Middlesex HA26DZ (Registered charity number 1062149) for its general charitable purposes.***

***(Insert the share of your estate or the amount of money using both words and figures – for example, one thousand pounds (£1,000) – or the description of the item you wish to leave to Harrow Carers)***

## CONVERSATION cafe

Accessible Information & Advice Services

Conversation Café supports Harrow residents who are disabled, unpaid carers, are pensioners or who have long term / ongoing health conditions



Scan the QR Code to find out more

[harrow.gov.uk/conversationcafe](http://harrow.gov.uk/conversationcafe)

020 8901 2680 (option 4) [conversation.cafe@harrow.gov.uk](mailto:conversation.cafe@harrow.gov.uk)



## Tips for Staying Cool

- ☀ Stay hydrated.
- ☀ Use (enough) sunscreen.
- ☀ Avoid sun over-exposure.
- ☀ Wear lighter clothing.
- ☀ Wear a hat.

Have a safe Summer!



# 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**



**Providing Home Care for Over 15 Years!**

Elite Specialist Care, part of Harrow Carers, has been delivering home care for over 15 years. We are regulated by the Care Quality Commission and are an approved supplier to the London Borough of Harrow.

## 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

## 1000 Miles for Dementia: A Community in Motion for Compassionate Care

*by Marigold Bacuyani*

*Matron for Older People and Dementia Services, London North West University Healthcare NHS Trust*

In a powerful display of unity and purpose, Harrow Carers and London North West University Healthcare NHS Trust (LNWH) joined forces this May for the “1000 Miles for Dementia” challenge—a month-long campaign that invited the community to walk, run, cycle, or swim their way to a collective 1,000 miles in support of dementia care.

Timed to coincide with Dementia Action Week (19–25 May 2025), the initiative was more than a fitness challenge—it was a heartfelt movement to raise awareness and vital funds for dementia services across Harrow and LNWH. Participants logged their miles throughout the month, sharing progress with campaign leads.

The campaign’s impact was extraordinary. Over 2,000 miles were covered and more than £2,700 raised. These proceeds are being split between Harrow Carers and LNWH’s Dementia Services, directly funding meaningful activities such as:

- A Dementia Choir: A therapeutic music initiative designed to evoke memory, improve mood, and foster community among those living with dementia
- Activity Kits and Music Therapy: Supporting cognitive stimulation and emotional wellbeing for patients at Northwick Park Hospital



**CHARITY  
EVENT**



**RUN WALK SWIM CYCLE**

## 1000 MILES FOR DEMENTIA

The campaign also sparked joy and camaraderie across the Trust. Staff from departments including Safeguarding, Patient Experience, and Learning Disability and Autism joined in, with many walking daily and sharing their stories. Marigold Bacuyani herself clocked 15,000 steps a day, embodying the spirit of the challenge.

The initiative culminated in a celebration event on 13 June at Old Lyonians in Harrow, where participants were honoured for their contributions and community spirit. As the final miles were tallied and certificates distributed, one message rang clear: when a community walks together, it moves mountains. The 1000 Miles for Dementia challenge not only raised funds—it raised hope.



### 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**

# FINAL NOTES

Safeguarding is essential for protecting vulnerable individuals from harm and abuse, ensuring everyone feels safe and respected. Access policies on our website, and report any safeguarding concerns to Karen Gilchrist, Head of Adult Services. Tel: 0208-868-5224 For more information, visit:

- Staying Safe - Harrow Adult Social Care [www.harrow.gov.uk/adult-social-care/staying-safe](http://www.harrow.gov.uk/adult-social-care/staying-safe)
- Children's safeguarding - [www.harrowscb.co.uk](http://www.harrowscb.co.uk)

Care Support Workers to join our team! 😊  
NO EXPERIENCE NEEDED - JUST A PASSION  
FOR CARING! ❤️  
£12.26 per hour! Evening, weekend, flexible  
hours. Full training will be given. Contact  
Shantel on 03300 882224  
[Shantel.Irving@elitespecialistcare.org](mailto:Shantel.Irving@elitespecialistcare.org)



Since January 2025, we have welcomed nearly 300 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!



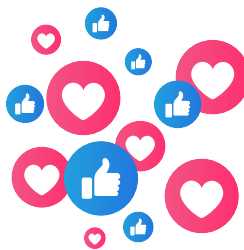
*DONATE*

Make a difference today

**DONATE** ❤️

## 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 [disha.patel@harrowcarers.org](mailto:disha.patel@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.  
Harrow Council: Council updates.  
Carers UK: Expert advice, information and support  
Ok Rehab: Specialise in addiction treatment.

Use NHS 111 to get to the help you need  
<https://111.nhs.uk/>

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