

HARROW CARERS NEWS

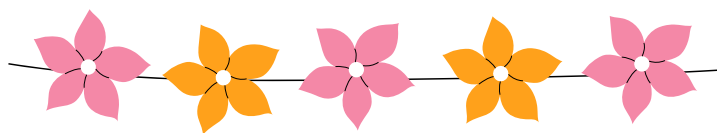
SUMMER 2026 EDITION

Hello 
SUMMER 

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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

WELCOME TO OUR SUMMER ISSUE

Message from Colin Powell CEO of Harrow Carers

Dear Carers, Volunteers and Friends,

As we move into the heart of summer, I want to thank every unpaid carer for the care, dedication and compassion you show each day. While summer may bring a slower pace for some, caring responsibilities rarely take a break, and we recognise the commitment, resilience and love you give throughout the year.



The recent hot weather can make caring even more challenging. Whether you are supporting someone at home, attending appointments, or balancing caring with work and family life, please remember your own wellbeing matters too. Staying hydrated, keeping cool where possible and taking moments to rest are important for you as well as for the person you support.

Thank you to everyone who took part in our recent carers survey. The response has been fantastic, and we are grateful for the time you took to share your experiences, views and ideas. Your feedback helps us understand what is working well, where we can improve, and how we can continue shaping services around the real needs of carers in Harrow.

I am also pleased to recognise the continuing contribution of **Elite Specialist Care**, our subsidiary homecare company, with Harrow Carers as the parent company. Through its commitment to corporate social responsibility and local communities, Elite Specialist Care helps us continue providing free services and support for unpaid carers. At a time when charities face real funding pressures, this support makes an important difference. Elite has no shareholder directors and pays no dividends; its directors give their time freely, for which we are hugely thankful.

As always, I remain incredibly proud of our staff, volunteers, trustees and partners who work tirelessly to support carers. Most importantly, I am proud of unpaid carers themselves. Your dedication, strength and compassion often go unseen, but they make an immeasurable difference to the people you care for and to our wider community.

I was honoured to attend, by invitation from the Cabinet Office, the Big Conversation on Care social care reform launch on 29 July, where the Prime Minister, Baroness Casey, Yvette Cooper and Angela Rayner set out the Government's renewed commitment to reforming adult social care. The launch highlighted the need to move beyond decades of delay and build a system that gives people dignity, security and the right support when they need it. Importantly, the Government's proposed direction places public engagement, unpaid carers, care workers, families and people who draw on care at the centre of the conversation.

The proposed reform agenda includes the work of Baroness Casey's Independent Commission on Adult Social Care, the Big Conversation on Care national engagement exercise, cross-party efforts to build long-term consensus, and a stronger focus on care quality, prevention, workforce support, fair pay, training and closer alignment between health and social care. For Harrow Carers, this is especially significant because unpaid carers must be recognised not as an afterthought, but as essential partners in any future care system. We will continue to ensure carers' voices, experiences and needs are heard as this national reform programme develops.

I am also delighted to welcome two new trustees to Harrow Carers, **Varsha Parmar** and **Marigold Bacuyani**. Their skills, experience and commitment will further strengthen our Board as we continue working to improve support, services and outcomes for unpaid carers and their families across Harrow.

On behalf of everyone at Harrow Carers, thank you for everything you do. I hope you are able to enjoy some of the summer and find moments to rest and recharge whenever possible.

With best wishes,

Colin Powell,
Chief Executive Officer, Harrow Carers

WEEKLY ACTIVITIES

Harrow Carers Groups & Activities



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

Monday	Yoga - 10:30AM - 11:30AM Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Qigong - 11:45AM - 1:15PM Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Knit & Natter - 1:00PM - 3:00PM Harrow Carers Office, 376-378 Pinner Road, North Harrow HA2 6DZ
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 Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Pilates - 11:30AM - 12:15PM Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Friendship Cafe - 1:30PM - 3:30PM For Dementia carers and their cared for (every 1st Wednesday of the month - no August meeting , next session 2nd Sept 2026) Old Lyonians Sports Ground, 74 Pinner View HA1 4QF
	Sewing Club - 2:00PM - 4:00PM (Next session 9 th Sept 2026 and held fortnightly on a Wednesday) Please contact the office for more details Harrow Carers Office, 376-378 Pinner Road, North Harrow HA2 6DZ
Thursday	Community Hub - 12:00PM - 2:30PM Next session 3 rd Sept 2026 and then fortnightly on a Thursday Old Lyonians 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
	Sound Healing - £5 per session 1.45PM - 3PM - Next Session Fri 18th September 2026 (Every 3rd Friday of the month) Email wellbeing@harrowcarers.org Old Lyonians Sports Ground, 74 Pinner View HA1 4QF

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 Friday 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

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 ❤️



Sound Healing with a qualified gong practitioner



***Next session – Fri 18th September 2026**

Every 3rd Friday of the Month

1.45pm–3pm

Old Lionians Sports Ground

74 Pinner View, Harrow

HA1 4QF

£5 per session

Please call 020 8868 5224
or email wellbeing@harrowcarers.org
to confirm you are attending

UPCOMING ACTIVITIES



What's On THIS SUMMER!

Join us for a range of activities,
support and fun this summer

06 AUG		HOUSING SUPPORT	12-2PM	Old Lionians, 74 Pinner View, HA1 4QF
13 AUG		RICKMANSWORTH AQUADROME	10:30AM – 2:30PM	Rickmansworth Aquadrome Frogmoor Ln, Rickmansworth WD3 1NB
19 AUG		LISTENING WALK	10:30 – 11:30AM	Headstone Manor Park, Pinner View, HA2 6PX
20 AUG		RESEARCH+ INNOVATION – NWPB PATIENT FORUM	12-2PM	Old Lionians, 74 Pinner View, HA1 4QF
01 SEPT		CO PRODUCTION MEETING	2-3PM	Harrow Carers 376-378 Pinner Rd, North Harrow, Harrow HA2 6DZ

*Everyone welcome!
We look forward to seeing you!*



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



020 8868 5224



wellbeing@harrowcarers.org
Shannon.De-Alwis@harrowcarers.org

UPCOMING ACTIVITIES



Join us for a trip to

RICKMANSWORTH AQUADROME

A DAY OUT IN NATURE



MEET AT THE
CAFÉ IN THE PARK
at 11:30AM



THURSDAY
13TH AUGUST



11:30AM – 3:00PM



Let's spend the day together at the beautiful Rickmansworth Aquadrome Nature Reserve.



Enjoy a picnic lunch or purchase food from the café



Take peaceful walks in the woodland



Relax and enjoy stunning views of the lake



A perfect day
to relax, connect
and enjoy nature!



PARKING

Parking is available at Rickmansworth Aquadrome.

Charges apply – please bring coins or card for payment.



CLOSEST STATIONS

- Rickmansworth Station (Metropolitan Line)
Approx. 25–30 minute walk to the Aquadrome
- Moor Park Station (Metropolitan Line)
Approx. 20–25 minute walk



BUS ROUTES FROM HARROW ON THE HILL

You can take the following bus routes:

- 332 towards Rickmansworth
- H11 towards Rickmansworth
- 142 towards Watford

Alight near Rickmansworth Aquadrome.



Everyone
welcome!

For more information or to book your place,
please contact us:

📞 020 8868 5224

✉ wellbeing@harrowcarers.org

We
look forward
to seeing
you there!



Community Hub

Unpaid Carers and the Cared for will be able to get together, have a cuppa, use the free wi-fi, take part in wellbeing activities, and connect with others.

Our aim is to minimise the impact of the cost-of-living crisis on our Unpaid Carers and Cared for's health and wellbeing so that they are able to continue caring with the support of Harrow Carers and their peers.

**Community Hub runs from 12pm-2.30pm
every 2 weeks (Thursday) commencing on 3rd September 2026**

**Lyonians Sports Ground,
74 Pinner View, Harrow HA1 4QF**

YOUNG CARERS

We have lots of exciting things happening for our Young Carers and Young Adult Carers this summer!

After another busy year of supporting young people across Harrow, we are delighted to be offering a fantastic programme of activities designed to give young carers the chance to take a break from their caring responsibilities, build confidence, learn new skills, make friends, and have fun.

Our summer programme includes creative sessions, cooking and crafts, podcast projects, performing arts activities, workshops, university visits, support sessions and much more! We have activities available for different age groups, including our Junior Young Carers (ages 5-11), Young Carers (ages 12-16) and Young Adult Carers (ages 16-25).

Young Carers & Young Adult Carers Summer Programme

We have extended our summer activity deadline so be sure to not miss out!

JULY-AUGUST 2026

We have an exciting programme this summer for our Young and Young Adult Carers, including podcasts, assessments, outings, cooking sessions, parties, university trips, and much more.

Please check the age range for each activity before expressing interest. Further details will be provided to parents/carers whose young carers have been offered a place, and all updates and information will be shared through our WhatsApp groups.

To book a place, email youngcarers@harrowcarers.org with YC name, age and phone number and which dates you are interested in.

We are still taking bookings!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 July	Age: 5-11 Podcast Week for Junior Young Carers Time: 10am to 2pm 21 July	Age: 12-16 Podcast Week for Youth Young Carers Time: 10am to 2pm 22 July	Age: 16-25 Podcast Week for YAC Young Carers Time: 10am to 2pm 23 July	24 July
27 July	Age: 5-11 Unique (Performing Arts) Day for Junior Young Carers Time: 10:30 to 2:30pm 28 July	Age: 12-18 Unique (Performing Arts) Day Youth and YAC Time: 10:30 to 2:30pm 29 July	Admin 30 July	Admin 31 July
03 Aug	Age: 5-11 Cooking and Crafts for Junior Young Carers Time: 10am to 2pm 04 Aug	Age: 12-16 Cooking and Crafts for YOUTH Young Carers Time: 10am to 2pm 05 Aug	Age: 16-25 Cooking and Crafts for YAC Time: 10am to 2pm 06 Aug	Admin 07 Aug
Admin 10 Aug	Admin 11 Aug	Admin 12 Aug	Admin 13 Aug	Admin 14 Aug
17 Aug	Age: 16-25 Jobs & Employability Workshop Time: 10am to 2pm 18 Aug	Age: 16-25 A LEVEL & BTEC Results Support Workshop Time: 10am to 2pm 19 Aug	Age: 14-18 GCSE Results Support Workshop Time: 10am to 2pm 20 Aug	Age: All Ages Archery and Bowls at the OL Time: 10am to 2pm 21 Aug
24 Aug	25 Aug	Age: All Ages Old Lyonian Party BBQ & Archery Time: 10am to 3pm 26 Aug	Age: 16-25 UCL Campus Visit in London Time: 9am to 4:30pm 27 Aug	28 Aug

We are especially excited to continue creating opportunities where young carers can share their voices and experiences. We are currently supporting opportunities with BBC Children in Need, including involvement in exciting projects such as The One Show Challenge, BBC Choir and other media opportunities. If you are a young carer who would like to get involved, we would love to hear from you!

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

YOUNG CARERS

LOOKING AHEAD TO THE NEW SCHOOL YEAR

We are also thrilled to be strengthening our links with local schools and look forward to working closely with:



- 📍 Cannons High School
- 📍 Whitefriars School
- 📍 Bentley Wood High School
- 📍 Nower Hill High School

Working alongside schools allows us to identify and support more young carers, ensuring they have access to the help, guidance and opportunities they deserve. We look forward to building strong partnerships with staff, students and families to make sure young carers feel recognised, valued and supported.

THANK YOU!

Thank You to Our Young Carers ❤️

We want to take this opportunity to celebrate all of our young carers and young adult carers. Your resilience, kindness and dedication are inspiring, and we are proud to continue supporting you.

We can't wait for an exciting summer ahead and look forward to seeing many of you at our activities!

YOUNG CARERS ASSESSMENT

Do You Know a Young Carer? Get in Touch

If you think a child or young person you know may be a young carer, it's really important that they receive the right support. A Young Carers Assessment helps us understand their caring role and ensure they can access appropriate activities, support, and opportunities.

To make a referral or find out more, please contact:

Michelle Beynon - Young Carers Team

✉️ michelle.beynon@harrowcarers.org

Or email our team inbox:

✉️ youngcarers@harrowcarers.org



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-to-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. 💛

please

DONATE ❤️

Are you a young carer? Contact us at 020

8868 5224 or email:

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.

Reporting Changes to PIP

You must tell the DWP as soon as possible about any changes that could affect your Personal Independence Payment (PIP).

Report changes if:

Your health condition gets better or worse.
The amount of help or support you need changes.

Your personal details change, such as:

- Name
- Address
- Bank details
- GP or specialist
- Go abroad
- Go into hospital or a care home
- Go into prison or custody
- Have a change in immigration status

You do not need to report:

- Starting, leaving, or returning to work
- Changes in earnings or other income
- Someone moving into or out of your household

If you're unsure whether a change should be reported, it's usually best to tell the DWP anyway.



Our Information & Advice team – Anne and Radha are here to support our Unpaid Carers with benefits advice, including Council Tax discount and exemptions.

Tel: 020 8868 5224



How to Report a Change

You will need to provide:

- Full name
- Date of birth
- National Insurance number
- Date the change happened (or will happen)
- Details of the change

PIP Helpline:

Phone: 0800 121 4433

Textphone: 0800 121 4493

Monday to Friday, 9am–5pm (free calls)

You can also write to the DWP using the address shown on your PIP letters.



Keep Records

Keep notes of phone calls or copies of letters and proof of postage in case there is any dispute about when you reported the change.

Report Promptly

Reporting changes quickly helps ensure you receive the correct amount of PIP. Delays could mean missing out on increased payments, or being overpaid and having to repay benefits later.

[Click here to view Carers UK Fact sheet on PIP](#)

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!



BEFRIENDING SERVICE

OVERLAND TO AUSTRALIA - A CARER'S ADVENTURE BY ROGER HAWKE

In my mid-twenties, I occasionally thought it would be interesting to travel overland to India in a vehicle; but who with? It had to be someone you could trust who was confident with a vehicle and a good friend but also, someone who wouldn't slurp their cup of tea in the morning for the next four months!

An Australian friend, Dave, was just that person. I met him when he came to my church and joined in various activities and came on various trips. He'd worked in England for a year or so and like many Australians then, was hoping to return home overland.

Dave's choice of vehicle was a Morris Minor van and after repairs & modifications it was ready for the trip. Careful planning was also required regarding what to take. Tools, a tent, clothes, food and what kind of food? We chose dehydrated food in packets with little reliance on local food – except for water. "Chicken Supreme" and "Angel Delight" come to mind!

We left the UK on 19th October 1968 crossing the Channel from Dover to Ostend. The world that we would be seeing was so different from today.



Our route would take us through Belgium, Germany, then Czechoslovakia under Communism, Austria, then the old Yugoslavia, Greece, Turkey, Iran under the Shah, Afghanistan with the last King, Pakistan & India then by ship to Malaysia/Singapore and then by ship to Melbourne, Australia from where we caught the ferry across to Tasmania where David's parents lived. We arrived 28th February 1969.

Space doesn't permit me to recount all the various happenings over 41/2 months of travel! However, the following comes to mind.

From Belgium we proceeded through a sunny autumnal Germany to the Czech border and arrived in Prague. It was here we met a church pastor and joined him and young people at his church. Afterwards we looked around the famous Wenceslas Square and saw the many bullet marks left by the Soviet invasion earlier in the year.

In all the border crossings and engagement with the authorities in Europe and Asia, we never really had any great difficulty except for one occasion and that was our fault. Just beyond Zagreb, Croatia late one evening, we couldn't find the camp site so turned off the main road down a lane & slept in the van only to be woken at 5am by very angry soldiers – we were on a military site!



Istanbul was very interesting. We stayed at a BP Mocamp. The first night, there were 13 other vehicles all going to Australia. Through a contact with my sister, we met a lovely couple who kindly invited us to meals & another friend helped us with accommodation in Ankara.

Iran & Afghanistan deserve time and space too. We met some wonderful people there. After leaving Afghanistan we drove away from the border & began climbing the Khyber Pass. Before we left the UK, we were given some cabbage seeds by the young people at church with the instruction to plant them at the edge of road in the Khyber Pass – which we did! I wonder how they are this year?

BEFRIENDING SERVICE



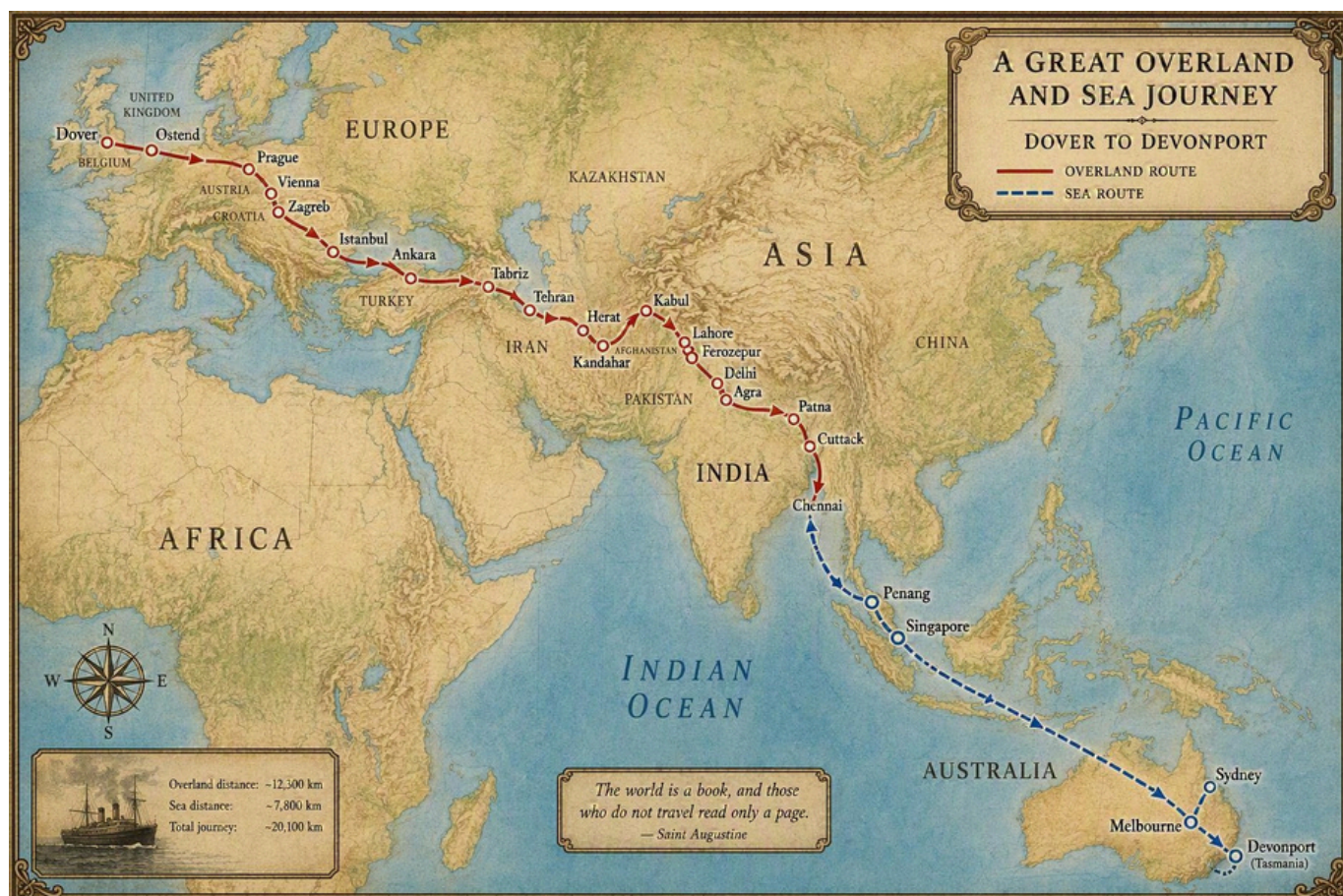
OVERLAND TO AUSTRALIA - CONTINUED

Further into Pakistan, the railway begins. Some miles later there is a level crossing for vehicles across the railway. We were held for a time until a train had passed through. Then an elderly man in a Khaki uniform lifted the barrier and waved us through. I was driving that day and raised my hand to say, "thank you". He immediately stood to attention saluted and said, "Nice to see you back Sir"!! After visiting a friend from Harrow who was teaching in Pakistan, we crossed the border into India and stayed in Ferozepur with a couple we knew from Harrow who worked at the hospital (Frances Newton Memorial) - wonderful to see them again.

We later moved on to Delhi staying in the YMCA hostel and enjoyed the sites including the Red Fort and other buildings. From there to Agra & to the magnificent Taj Mahal, Varanasi & then to an area east of Patna where a friend with the Oxfam was teaching. We handed over a Christmas cake which we brought from his mother in Harrow!

From there, down the east coast to Chennai (then called Madras) staying at the Mount Everest Hotel; a narrow building right by the railway - we realised that when the smoke came in! We had Christmas in Ranipet near Velore with friends of the couple in Ferozepur. After a week we moved back to Chennai and sailed to Singapore with the van on board. We camped near Changi beach where the airport was later built. We sold our faithful Morris Minor van and gave some of the equipment to a friend's mission. After a few weeks we managed to get berths on the "Australasia" all the way to Melbourne and finally the ferry to Tasmania and on to Hobart.

The journey was a great experience which opened our eyes to many needs and issues. We met some wonderful people who were a blessing & encouragement to us & have made a real impact on our lives. And, after all these years, I'm still in touch with David. My wife, Irene, and I visited him in Australia and he's been over to ours.



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

Kalpna Mehta, Befriending Co-ordinator at kalpna.mehta@harrowcarers.org

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

DEMENTIA SUPPORT

Summer Break and Upcoming Group Dates

As the summer holidays approach, some of our dementia support groups will be taking a short break during August.

We look forward to welcoming everyone back in September.



The following groups will not meet during August:

- **Friendship Café** (Dementia Carers and Loved Ones) (no August meeting)
- **Care Home Support Group** – (no August meeting)
- **REIGNITE Choir** – (no August meeting)
- **Friendship Café Stanmore** – (no August meeting)

OUR GROUPS WILL RESUME IN SEPTEMBER



Friendship Café (Dementia Carers and Loved Ones) returns on:
Wednesday 2nd September, 1.30pm–3.00pm at
Old Lyonians Sport Ground, 74 Pinner View, Harrow, HA1 4QF



REIGNITE Choir returns on:
Tuesday 8th September, 11.00am–1.00pm at
Old Lyonians Sport Ground, 74 Pinner View, Harrow, HA1 4QF



Care Home Support Group returns on:
Monday 14th September, 10.30am–12 noon at
Harrow Carers, 376–378 Pinner Road, North Harrow, HA2 6DZ



Friendship Café Stanmore returns on:
Wednesday 23rd September, 1.00pm–3.00pm at
Stanmore Chapel, Corner of Marsh Lane, HA7 4HP



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

074953 23919



REIGNITE Dementia Choir

A monthly choir for carers and those living with dementia

Tuesday 8th September 2026

Old Lyonians, 74 Pinner View, Harrow
HA1 4QF

11am-1pm £5 per month per carer
(The charge covers the carer with or without their loved one)

Email:

Kerstin.Williams@harrowcarers.org
for more details and to book

Dementia clinics

In partnership with Nationwide Fairer Futures

Dementia UK is offering free, confidential clinic appointments with a specialist dementia nurse, known as an Admiral Nurse – coming to your local branch soon. You don't need to be a Nationwide customer. Everyone is welcome.



To book your appointment, please visit **dementiauk.org/nationwide**, scan the QR code or speak to a Nationwide colleague in your branch. If you are unable to book online send a text message with the word: **APPOINTMENT** to 0747 872 4000, and we will call you to help make a booking.

If you have any questions about the clinics please contact **nationwide@dementiauk.org**. For immediate support, contact Dementia UK's Helpline on 0800 888 6678 or book a phone or video appointment at **dementiauk.org/book**

P4424 A5 (December 2024) External



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>



- ✓ **Caring**
- ✓ **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>

SUPPORT FOR CARERS

Bridgit Care

Accessing Online Self-Help 24/7



Harrow Carers has partnered with **Bridgit Care** to make sure you can get support whenever you need it. The **Bridgit Care Platform**, is a free online platform designed just for carers.

Here you can access **helpful advice, practical tools, and personalised support** to make your life a little easier, Bridgit is here for you, 24/7, whether you're looking for **wellbeing tips, local services, or just someone to talk to**. This platform is connected directly to our team.

Click on the button below to access the Bridgit Care Platform, and answer a few quick questions about you and you too can access information and chat to one of the friendly coaches who are there to support. Alternatively, click on the following link to our website to hear Colin talk about the platform, also available in the languages listed below. <https://harrowcarers.org/bridgit-care/>

Bridgit Care Platform

Bridgit Care User Guide

English

Gujarati

Tamil

Farsi

Arabic

Somali

Bengali

Romanian

Polish



For information on Adult Social Care at Harrow Council, please visit the Harrow Council Website - following links:

- [About adult social care](#)
- [Care Needs Assessments](#)
- [Financial Assessment](#)
- [Cost of Care](#)
- [Managing your care](#)
- [Paying for your care](#)

Telephone: 020 8901 2680

Email: ahadults@harrow.gov.uk

Website:
<https://www.harrow.gov.uk/adult-social-care>

CONVERSATION
cafe

THE **BIGGER**
CONVERSATION CAFE

Our monthly **BIGGER** Conversation events are starting again.

Do you need help with adult social care, being an unpaid carer, understanding benefits and support, navigating services and any support for your health and wellbeing?

IT'S
BIG

Connect with the people and organisations that can support you. Meet Adult Social Care, Citizens Advice and a wide range of local charities and community groups offering advice, guidance, practical help and opportunities to get involved in your community.



Put the kettle on, start the conversation.

Venue: St Peter's Church
Sumner Road
Harrow HA1 4BX

Email: ccafe@harrow.gov.uk
Call: 020 4583 4088



Time: 10am to 1pm

04 August 2026
01 September 2026
06 October 2026
03 November 2026
01 December 2026



Tuesdays

Connect • Support • Thrive
The right support, at the right time,
in the right place.



LONDON BOROUGH OF
HARROW

LOOKING AFTER YOURSELF

Hot weather advice

How to Take Care of Yourself and Others During Hot Weather



Keep the home cool

- Close curtains/blinds during the day to block out heat.
- Keep windows closed during the hottest times and open them at night for cooler air.
- Use electric fans from reputable suppliers.



Cool yourself down

- Wear light, loose-fitting clothing.
- Use ice packs wrapped in towels.
- Drink plenty of water, cooling it makes it refreshing.
- Try foot soaks to help cool your body.



Stay hydrated and maintain energy

- Drink water regularly throughout the day.
- Encourage the person you care for to drink, especially if they may not recognise thirst.
- Consider specialist hydrating sweets (e.g., jelly drops) if swallowing is difficult. If in doubt, their doctor/healthcare team will be able to advise what is (and isn't) suitable.
- Eat foods with high water content such as melon, soup, jelly, and ice lollies.
- Pace yourself and reduce physical activity where possible.



Avoid heat exposure

- Limit outings and strenuous tasks during the hottest part of the day.
- Ask family, friends, neighbours, or community services for support if needed.
- Consider online deliveries for essentials.



Store medication safely

- Check medication storage requirements.
- Store medicines in a cool place or fridge if appropriate.
- Seek advice from a pharmacist or doctor if unsure.



Recognise signs of dehydration

- Dry mouth
- Dizziness or confusion
- Headaches
- Children, older adults, and people with long-term conditions are at greater risk.

Call 999 if symptoms worsen or become severe. Watch for heat exhaustion and heatstroke. Learn the symptoms and seek urgent medical help when required. Refer to NHS guidance for further information.



Protect yourself outdoors

- Wear a hat and sunglasses.
- Use high-factor sunscreen and reapply regularly.
- Wear loose, long-sleeved clothing for sun protection.
- Carry plenty of water and stay in the shade whenever possible



Find out more: Visit the NHS website for advice on coping with hot weather, heat exhaustion, and heatstroke.

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

LOOKING AFTER YOURSELF

Action for Happiness brings people together and provides practical resources. They help each other learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, for ourselves and others. <https://actionforhappiness.org/>

Altruistic August 2026

SATURDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community

SUNDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

MONDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

TUESDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need

WEDNESDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause

THURSDAY

6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day

FRIDAY

7 Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well



ACTION FOR HAPPINESS

Happier · Kinder · Together

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](#)

Wild Harrow: Helping residents connect with nature, learn new skills, and meet others who care about Harrow's parks and green spaces. <https://www.vah.org.uk/wild-harrow/>



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** or email talk@harrowcarers.org for a free assessment.

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](#)



NEW

Private Counselling For Adults

- A safe, confidential space to talk & be heard
- Sessions tailored to individual needs
- Supporting your psychological wellbeing
- British Association for Counselling & Psychotherapy Registered, BACP

Harrow Carers have provided a trusted, professional counselling service for over 15 years

- ✓ Consultation with assessment £35
- ✓ Counselling sessions £35 per session

Take the first step towards improving your wellbeing! Reach out to us for additional information or any inquiries you might have.

 **Call: 0208 044 5969**

 **Email:**

disha.patel@harrowcarers.org

(This service is FREE for unpaid carers registered with Harrow Carers. 18+)



**EXCELLENCE
FOR CARERS**
Carers Trust Quality Award



**Harrow
Carers**
Inform, Support & Empower



NOTICE BOARD

Trustee Opportunity – Accountant/Finance Professional

Use Your Financial Skills to Support Unpaid Carers in Harrow

Harrow Carers is seeking an enthusiastic **Accountant, Finance Professional, Retired Accountant, or someone at the beginning of their accountancy career** to join our Board of Trustees.

This is an opportunity to use and develop your financial skills while helping a local charity support thousands of unpaid carers who provide essential care to family members and friends.

We welcome applications from:

- Qualified accountants (ACA, ACCA, CIMA or equivalent)
- Experienced finance professionals
- Retired accountants looking to give something back to the community
- Individuals studying accountancy or in the early stages of their accounting career who are keen to gain valuable board-level experience

About the Role

As a Trustee, you will help shape the strategic direction of Harrow Carers, support strong financial governance, and ensure the organisation remains financially sustainable so that we can continue delivering essential services to carers across Harrow.

Time Commitment

- 4 Board meetings per year
- 4 Finance & Resources Sub-Committee meetings per year
- 1 Trustee Strategic Review Day per year
- 1 Annual General Meeting (AGM) per year
- Occasional attendance at charity events and stakeholder activities

What We Are Looking For

- An interest in financial governance, budgeting and organisational sustainability.
- Good analytical skills and the ability to provide constructive challenge.
- A commitment to improving the lives of unpaid carers.
- Enthusiasm, integrity and the willingness to contribute to the success of a local charity.
-

What You'll Gain

- Valuable experience of charity governance and leadership.
- The opportunity to broaden your professional network.
- The chance to work alongside experienced trustees and senior leaders.
- The satisfaction of making a real difference to carers and their families.

No previous trustee experience is required. We are committed to supporting new trustees and welcome applications from people at all stages of their accounting or finance career.

Interested?

For an informal discussion or to request an application pack, please contact:

Colin Powell

Chief Executive Officer

 info@harrowcarers.org

 020 8868 5224



Whether you are an experienced accountant, recently retired, or just starting your accountancy journey, your skills could help shape the future of support for unpaid carers in Harrow.



NOTICE BOARD



RESEARCH+INNOVATION - GET INVOLVED, MAKE A DIFFERENCE

Your voice can help shape better healthcare for our communities



Elena Nicola is Community Engagement and Patient and Public Involvement (PPI) Officer from the Research & Innovation Team at London North West University Healthcare NHS Trust.



Elena will be talking about the work being carried out across West London to raise awareness of clinical research, increase opportunities for people to take part in research, and expand research into a wider range of healthcare and community settings.



She will also discuss how patients, carers and members of the public can become involved in research by working alongside researchers during the design and development of studies. This involvement is vital, as people with lived experience can help ensure research is accessible, acceptable and relevant to the communities it aims to support.



LNWH is currently developing several Patient and Public Involvement groups and is keen to hear from anyone who may be interested in getting involved.

If you would like to find out more, join a group, or discuss opportunities to contribute to research, please contact Elena at:

elena.nicola2@nhs.net



FILM SCREENING: TRUST: OVERCOMING MISTRUST IN HEALTH RESEARCH

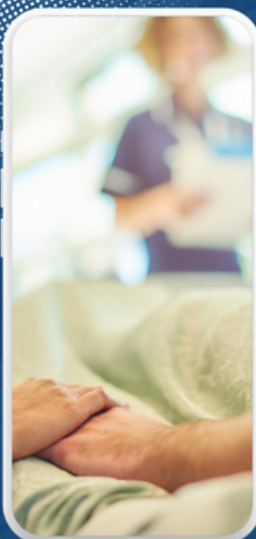
As part of the session, Elena will also be screening the NIHR film Trust: Overcoming Mistrust in Health Research.

The film explores why some communities may feel disconnected from health research and examines the historical and systemic factors that have contributed to mistrust.

Through the voices of community members, research participants and healthcare professionals, it highlights the importance of inclusion, representation and building trust to ensure research benefits everyone.



Together, we can shape research that works for everyone.



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: admin@harrowcarers.org



How to access a Macmillan Financial 'Health Check' if you are affected by Cancer:
Brent, Ealing and Harrow residents can call : 0203 011 0339 9.30am - 4.30pm (closed for lunch between 12.30 - 1.30pm). Excluding public holidays.
<https://www.citizensadviceharrow.org.uk/macmillan-benefits-advice-service/>



Conversation Creates Community

LEADING THE CONVERSATION... WE NEED YOUR VOICE



HELP SHAPE HARROW'S ADULT SOCIAL CARE

We are looking for residents, carers and community members to share their experiences and ideas through working groups, workshops, consultations, surveys and other engagement activities.

COPRODUCTION

Take part in improving services.
At the heart of Harrow's 'Adult Social Care Strategy 2025 to 2030'. With lots of opportunities to get involved.



Get Involved if you are:

accessing social services

an unpaid carer



Why register?

- Influence real decisions
- Improve services for others
- Make your voice heard

Our promise:

We will listen, be honest and show how your input makes a difference.

To register contact us:
Call us: 020 4583 4088
Email: ccafe@harrow.gov.uk

You will be sent a link to a very quick and simple form and asked to answer three questions.

**GET INVOLVED TODAY
YOUR EXPERIENCE COUNTS**



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

[HarrowParentCarers](https://www.facebook.com/HarrowParentCarers)

[@HpfHarrow](https://twitter.com/HpfHarrow)

[HarrowSendNoticeboard](https://www.facebook.com/HarrowSendNoticeboard)
The Harrow SEND Noticeboard has regular local and national news updates and information

[harrowparentforum](https://www.instagram.com/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).



NOTICE BOARD



Volunteer with Harrow Carers

You'll not only support a good cause but gain real-life working experience and develop new skills in a friendly and supportive environment. We appreciate your contribution and we work together to bring the best out of each volunteer to make sure that we give back to you as much as we can.

If you would like to volunteer to gain new skills, give back to the community and meet new people - get involved with our various volunteering roles.

[Register your volunteering interest here](#) and we can notify you first about our new opportunities.

Order an extra General waste bin (healthcare)

Our CEO would like to say thank you to **Elevate carers group** for raising the issue of carers having to pay for a GP letter to secure a further bin for the disposal of adult pull ups.

With the support of Harrow Local Councillor Janet Mote, Harrow Carers can now write a supportive letter on behalf of carers at no cost. We hope that this will assist as we know every penny is crucial when caring for a loved one.

[Click here for Harrow Council website](#)

HOME LIBRARY SERVICE

The Home library service can visit you if you live in Harrow. It may work for you if you find it difficult to get to a library because you:

- are elderly
- have a disability or long-term illness
- are caring for someone.



The Home library service can make regular visits and the service is free

Telephone: 020 3714 7741

Email:

home.library@harrowlibraries.org

<https://www.harrow.gov.uk/libraries/home-library-service>



Steps Programme: Supporting Recovery Through Gentle Walks

Who is it for?

- Residents living in Hillingdon, Harrow and Brent 65+
- Recently discharged from hospital or lost confidence going out alone
- No physical barrier to walking
- At risk of isolation, anxiety, or loss of confidence

What we offer:

- Initial walk-readiness assessment
- Weekly 1:1 walks with a trained volunteer
- Encouragement, companionship, and help to rebuild confidence in walking outdoors
- Monitoring of progress and confidence levels
- Referral support via secure systems (Salesforce)

To refer someone or find out more contact
stepsprogramme@ageukhbb.org.uk



020 8756 4391

stepsprogramme@ageukhbb.org.uk
ageuk.org.uk/hillingdonharrowandbrent

Registered charity number 1051711



Want to get outdoors, meet new people, and make a difference?

Join Wild Harrow – a series of volunteer and training events celebrating our local parks and wildlife.

Whether you're completely new to volunteering or already love nature, there's something for you

Learn new skills
Support local green spaces
Boost your wellbeing

020 8861 5894

volunteering@vah.org.uk

<https://www.vah.org.uk/wild-harrow/>

Sign Up Here

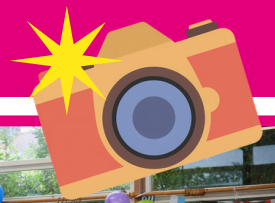


MAYOR OF LONDON



HM Government

PHOTO GALLERY



FINAL NOTES

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 an assessment

Consider leaving a gift in your Will to Harrow Carers

It's best to consult a solicitor or professional Will writer to ensure everything is done correctly. For changes to an existing Will, they can provide guidance.

For more information, contact rehna.tanna@harrowcarers.org or call **0208 868 5224**



WE ARE hiring!



- Care Support Workers
- Full Training Provided
- Guaranteed Hours
- £14.50 per Hour
- Drivers Wanted
- Mileage Allowance
- Holiday Pay

Join our friendly team!

Send your CV to: shantel.irving@elitespecialistcare.org

Since April 2026, we have welcomed 164 new unpaid adult 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 ❤️

Thank you

Thank you for all your donations and support - we truly appreciate it!

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



FOLLOW US

Follow us on social media
Connect with Harrow Carers on social media.

We are on Facebook, Instagram, Threads, LinkedIn and YouTube



USEFUL LINKS & CONTACTS

Harrow Council - 020 8863 5611 Mon-Fri 9am-5pm

Carers Trust: Helping unpaid carers receive the support they are entitled to

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.

Carers UK: Expert advice, information and support

Ok Rehab: Specialise in addiction treatment.

Use NHS 111 to get to the help you need - a free service for urgent healthcare needs that are not life-threatening. <https://111.nhs.uk/>

**OUR NEWSLETTERS ARE NOW RELEASED QUARTERLY
IN-BETWEEN WE SEND OUT UPDATE BULLETINS AS NEEDED**