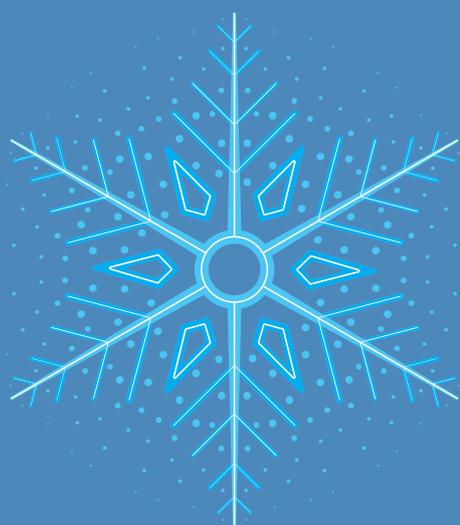


HARROW CARERS NEWS

WINTER 2026 EDITION



Hello
2026



CONTENTS

| | |
|----------------------|--------|
| MESSAGE FROM OUR CEO | PG. 2 |
| SERVICE UPDATES | PG. 3 |
| WEEKLY ACTIVITIES | PG. 6 |
| UPCOMING EVENTS | PG. 9 |
| YOUNG CARERS | PG. 11 |
| ADVICE & BENEFITS | PG. 13 |
| BEFRIENDING | PG. 14 |
| DEMENTIA SUPPORT | PG. 15 |
| NOTICE BOARD | PG. 22 |

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

Message from Colin Powell CEO of Harrow Carers

Improving Access to Adult Carers Assessments in Harrow

As Chief Executive of Harrow Carers, I am proud to share an important development that will make a real difference for unpaid carers across our borough.

Harrow Council has commissioned Harrow Carers to deliver Adult Carer Assessments under the Care Act 2014, creating a simpler, more responsive pathway for support.

Why this matters:

Unpaid carers are the backbone of our community, providing vital care that sustains families and underpins health and social care services. Yet caring can have a profound impact on wellbeing, resilience, and financial stability. These assessments are designed to recognise that impact and ensure carers receive the help they need.



What's changing:

- **Direct Access:** Carers can now request an assessment directly from Harrow Carers, with clear referral routes into social care for ongoing needs.
- **Flexible Options:** Assessments can be completed in person or by phone, at a time and place that suits you.
- **Holistic Support:** We look at the full picture—physical, emotional, and financial wellbeing—to tailor support that works for you.
- **Preventative Help:** Alongside assessments, carers can access resources to stay healthy and resilient, and where eligible, receive one-off or ongoing support packages.

This initiative is about more than compliance—it's about valuing carers, listening to their needs, and ensuring they have the tools and support to continue their vital role. Together, we can make caring sustainable and strengthen the fabric of our community.

SERVICE UPDATES

Improving Access to Adult Carers Assessments in Harrow

The London Borough of Harrow has commissioned Harrow Carers to deliver Adult Carer Assessments to Unpaid Carers as part of commitments to make it easier for carers to get the support they need. The new approach seeks to ensure that carers request and receive timely, high-quality, and person-centred assessments designed to focus on their wellbeing, resilience, and ability to continue caring for family and friends.

Harrow Carers will become the main point of contact for Unpaid Carers seeking help, bringing together existing carer registration and preventative support together with assessment activity to identify and meet eligible support needs.

What does this mean for carers?

- **Better access:** Carers can request an assessment of their support needs directly from Harrow Carers with clear referral routes into social care to meet eligible and ongoing needs.
- **Preventative support:** Carers will be enabled to access preventative support to stay healthy, well and resilient while caring and, where eligible, access one-off or ongoing through a support package.
- **Flexible options:** Assessments can be completed in person or by phone, at a time and place that suits you.
- **Holistic approach:** We look at the full impact of caring on your life, including physical, emotional, and financial wellbeing.
- **Inclusive and Accessible:** Adult Carers living in Harrow can request an assessment of their support needs with a range of help to meet diverse needs.

Why does this matter?

Carers play a vital role in our community, often providing unpaid care that sustains families and friendships, and underpins the health and social care system. Yet caring can have a significant impact on a person's physical, emotional, and financial wellbeing. Without the right support, carers are at risk of stress, isolation, and even breakdown in their caring role.

Providing carers assessments is essential because it gives carers the opportunity to talk about what matters most to them - their health, wellbeing, and ability to balance caring with other aspects of life - and identify needs early to prevent crisis and connect carers to practical help.

This approach aims to ensure carers have the right support to maintain their health, build resilience, and continue caring safely and confidently. By making assessments more accessible, flexible, and person-centred, we want to help carers feel valued, informed, and empowered so they can sustain their caring role while having a life of their own.

How can unpaid carers request support?

Adult carers can seek support and request an assessment of their support needs directly from Harrow Carers using one of the following routes:

- **Phone (duty line): 020 8868 5224**
- Dedicated mailbox: adult.assessments@harrowcarers.org
- Website: www.harrowcarers.org (general information and referral options)

Carers can also continue to contact council adult social care services to explore the support and options available, by phone on **020 8901 2680** and email via AHadults@harrow.gov.uk



Staff News - in the spotlight!

Introducing our Carers Assessment Officer Judie Griffin

"I come from a professional background in Occupational Psychology, followed by teaching Psychology and Health and Social Care. I am very much looking forward to contributing to Harrow Carers in my role as a Carers' Assessment Officer, bringing together my skills, education and experience to support carers effectively.



My experience as a psychologist has given me a strong understanding of the psychological and emotional aspects of mental and physical health, which is invaluable when assessing carers' needs and circumstances. In addition, my background as a teacher of Health and Social Care has provided me with a solid grounding in health and social care principles, enabling me to understand the challenges faced by carers and the wider care system.

Community is extremely important to me, which is one of the reasons I loved teaching. I am actively involved in several local community groups here in Harrow. Outside of work, I have a strong interest in nature, wildlife and gardening. I enjoy growing vegetables, herbs and flowers, composting organic materials, and learning more about biodiversity. One of my favourite achievements has been creating a small pond in my garden, which is now home to some very curious frogs!

I also enjoy cooking and sharing food with others, and in September you'll often find me making jams from garden apples, plums and blackberries. Another important form of "therapy" for me is singing in a local choir, where I have made some wonderful friendships. I feel very fortunate to live in Harrow and truly appreciate all that it has to offer."



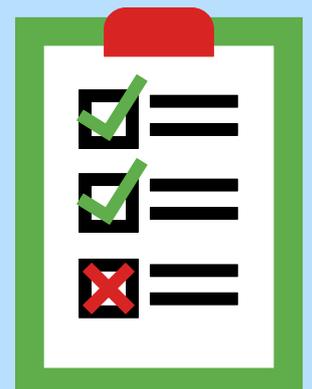
Why have a Carer's Assessment?

Getting a carer's assessment could be the first step to gaining vital support. It's your chance to discuss the help you need as a carer.

Find out how it could make life easier for you and the person you care for.

Carers UK have put together a guide to
help and support carers

Click the link to the [Carers UK: Factsheet- Carers Assessments](#)



VIRTUAL CARERS CENTRE

Dear Friends,

I'm happy to provide you with information about the Virtual Carers Centre (VCC) and how it benefits our unpaid carers. The Virtual Carers Centre is a comprehensive online resource designed to support unpaid carers by offering them a variety of services and information at their fingertips.

The virtual centre provides a range of resources, including training and educational materials to help carers develop their skills and knowledge. Additionally, the Virtual Carers Centre includes a wealth of information on carers' rights, available benefits, and local services specifically for carers. This ensures that carers are well-informed about the support they are entitled to and can access the help they need more easily.

The VCC is not replacing our face-to-face services yet provides an extended offer for those who may not have the time or space to engage and may wish to manage their own wellbeing and support via an online support platform. Click here, [Bridgit Care - Harrow Carers](#) or scan the QR code below.

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 <https://harrowcarers.org/bridgit-care/>



BRIDGIT CARE - HARROW CARERS

[Bridgit Care Platform](#)

[Bridgit Care User Guide](#)



Personalise Support

All coaches provide tailored advice on wellbeing, carer rights, financial help, and more.



Advice Hub

Access real-time guidance, local services, events, and helpful videos.



Toolkits

Create practical plans for your caring journey, from needs assessments to meal planning.



Community

Connect with other carers, share experiences, and join feedback groups.



24/7 Chat

Ask questions anytime and receive instant, relevant advice.

[Carer Registration - Harrow Carers](#)

[GP Carer Identification - 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 Re-opens: 02/02/2026 | Old Lionians Sports Ground 74 Pinner View HA1 4QF |
| | Qigong - 11:45AM - 1:15PM Re-opens: 02/02/2026 | Old Lionians Sports Ground 74 Pinner View HA1 4QF |
| | Knit & Natter - 1:00PM - 3:00PM Starting: 02/02/2026 | 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) Next session in person 03/02/2026 | Zoom/Harrow Carers Office 376-378 Pinner Road North Harrow HA2 6DZ |
| Wednesday | Zumba - 10:15AM - 11:15AM Re-opens: 04/02/2026 | Old Lionians Sports Ground 74 Pinner View HA1 4QF |
| | Pilates - 11:30AM - 12:15PM Re-opens: 04/02/2026 | Old Lionians 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) Next session: 4/02/2026 | Old Lionians Sports Ground 74 Pinner View HA1 4QF |
| | Sewing Club - 2:00PM - 4:00PM (held every other Wednesday of the month) 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 Every 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



STORIES OF HARROW - HARROW GIVING

Harrow Giving

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

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.

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



Harrow Carers
Inform, Support & Empower

ageUK

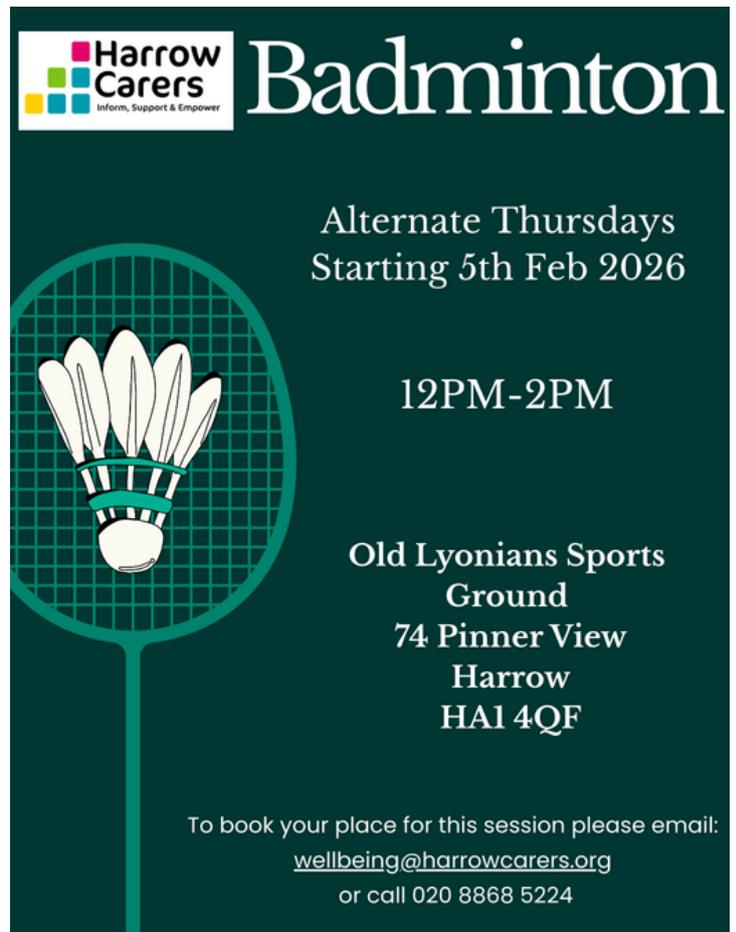
Knit and natter

STARTING 2ND FEBRUARY 2026

HARROW CARERS, 376-378
PINNER ROAD, HA2 6DZ

Mondays 1pm-3pm

To book your place for this session
please email:
wellbeing@harrowcarers.org
or call 020 8868 5224



Harrow Carers
Inform, Support & Empower

Badminton

Alternate Thursdays
Starting 5th Feb 2026

12PM-2PM

Old Lyonians Sports
Ground
74 Pinner View
Harrow
HA1 4QF

To book your place for this session please email:
wellbeing@harrowcarers.org
or call 020 8868 5224



Harrow Carers
Inform, Support & Empower

TABLE TENNIS

Alternate Thursdays
Starting
12th Feb 2026

Old Lyonians Sports
Ground
74 Pinner View
Harrow
HA1 4QF

12pm-2pm

To book your place for this session please email:
wellbeing@harrowcarers.org
or call 020 8868 5224



Watercolour Painting Workshop

Date: Thursday 12th March 2026
Time: 10:30 AM - 12:00 PM
Cost: £15 per person
Venue: Harrow Carers, 376-378
Pinner Road, HA2 6DZ

To confirm your place, please pay at the
office by 12th February 2026

To book your place for this session
please email:
wellbeing@harrowcarers.org
or call 020 8868 5224

Harrow Carers
Inform, Support & Empower

UPCOMING ACTIVITIES

Activities at the Community Warm 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 Warm Hub runs from 12pm-2.30pm

Thurs 5th Feb 2026 - Free Healthcheck

Thurs 12th Feb 2026 - Valentine's Day & Chinese New Year

Thurs 19th Feb 2026 - Energy Advice with Joseph

Thurs 26th Feb 2026 - Sustainability & Recycling

Community Warm Hub runs from 12pm-2.30pm

Thurs 5th Mar 2026 - International Women's Day

Thurs 12th Mar 2026 - Board Games

Thurs 19th Mar 2026 - St. Patrick's Day

Thurs 26th Mar 2026 - Pub Quiz

Harrow Carers
Inform, Support & Empower

Valentine's Day
Pub Lunch

Tuesday February 10th 2026
1pm-3pm

The Water's Edge
Reservoir Road
Ruislip HA4 7TY

*Payment at restaurant for your order
To book your place for this session
please email:
wellbeing@harrowcarers.org
or call 020 8868 5224

How to Set Up WhatsApp on Your Mobile Phone and receive notifications from Harrow Carers

1. Open the App Store (Google Play Store or Apple App Store).
2. Search for WhatsApp Messenger by WhatsApp LLC.
3. Tap Install or Get.
4. Open WhatsApp after installation.
5. Tap Agree and Continue.
6. Enter your phone number.
7. Enter the verification code sent by SMS.
8. Add your name and optional photo.
9. Allow permissions to finish setup.
10. Save the Harrow Carers Wellbeing Phone number: **07736 923442** as a contact to receive updates via WhatsApp from Harrow Carers!

Grief and Loss Workshops

These sessions will be running on the following Thursdays from 2:30-4pm in the Main Hall at the Harrow Carers Office:

19th February, 12th March, 2nd April, 23rd April and 14th May 2026

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 or call the office on 020 8868 5224.



VOLUNTEERS NEEDED

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.

Here are some of the roles available:



Knitting - Volunteer needed for our Knit & Natter sessions starting 2nd Feb 2026 at the main Harrow Carers office, North Harrow.
Please contact Shannon.De-Alwis@harrowcarers.org



Badminton - Volunteer needed for our Badminton sessions running on alternate Thursday starting 5th Feb 2026 at Old Lyonians.
Please contact Shannon.De-Alwis@harrowcarers.org



Table Tennis - Volunteer needed for our Table Tennis sessions running on alternate Thursday starting 12th Feb 2026 at Old Lyonians.
Please contact Shannon.De-Alwis@harrowcarers.org



Befriending Service - Volunteers needed for our Befriending Service, more information available on our [website](#).
Please contact Kalpana.metha@harrowcarers.org



Warm Hub - Volunteers needed for our Warm Hub every Thursday at Old Lyonians, please contact Shannon.De-Alwis@harrowcarers.org



YOUNG CARERS

A Festive Season to Remember - Christmas Highlights

Christmas 2025, our Young Carers community truly came together, and we're so proud to share the joy, laughter, and memories created across our festive programme. Over the holiday period, we supported 45+ children and young people, ensuring every age group had something special to look forward to.

Our juniors enjoyed a magical trip to the pantomime to see Dick Whittington. For many children, this was their first live theatre experience, filled with laughter, audience participation, and festive excitement. It was a brilliant way to celebrate Christmas together and simply enjoy being children.



Our youth group headed to Alexandra Palace for an ice-skating adventure. From nervous first steps on the ice to confident gliding and lots of laughter, the trip encouraged resilience, confidence, and peer connection in a fun, supportive environment.



Our YACs, (Young Adult Carers), embraced the festive spirit with a trip to Hyde Park Winter Wonderland. This provided a well-earned break from caring responsibilities, offering space to relax, socialise, and enjoy the atmosphere together in a way that felt age-appropriate and empowering.



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

Alongside our trips, we hosted a SEND Christmas Experiments Day for children with additional needs and their parent carers – and it was an absolute highlight. Families took part in hands-on science activities, sensory-friendly crafts, and festive exploration in a calm, inclusive setting. The day was filled with smiles, curiosity, and shared moments between children and parents, and the feedback from families was overwhelmingly positive.



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.

‘Carers are often at a financial disadvantage’

Helen Walker, chief executive at the charity Carers UK, said: “Unpaid carers provide support worth a staggering £184 billion to the UK economy each year, but this comes at a significant personal and financial cost. They are often at a financial disadvantage because caring for someone can impact your ability to work and additional expenses – such as specialist food and clothing, and higher electricity bills – add to everyday living costs.”

Nearly half (49%) of unpaid carers have cut back on essentials in the past year and a third (32%) have taken out a loan from the bank, used credit cards or a bank overdraft. 60% of unpaid carers feel anxious or stressed when they think about their financial situation. Unpaid carers are frequently time poor and exhausted from the amount of administration they have to deal with in their caring roles.

It's essential that they have the right facts about council tax discounts in front of them to help them claim what they're entitled to. This could be a lifeline for many families, helping to relieve some of the pressure they feel and making an important difference to their ability to make ends meet.

Our Information & Advice team – Anne or Radha on 020 8868 5224 are here to support our Unpaid Carers with benefits advice, including Council Tax discount and exemptions:

Discounts and exemptions for Severely Mentally Impaired (SMI) people – London Borough of Harrow



We want to raise awareness of any scams - if you need guidance or advice please contact us on 020 8868 5224

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

You may not be immediately convinced that befriending is for you as a carer.

But hopefully these comments from carers, who accepted befriending, will reassure many of you who may hesitate.

Here are some of their comments:



“Spending time with someone really helped lifted my spirits. She helped me re-connect with the outside world. She provided information about Harrow Carers’ activities. I have attended the mens’ outing and the pub lunch, which I really enjoyed. We have signed up for the Fun Day, and I am going to attend the gardening club with my wife”

“Being with someone caring, acknowledging, knowing how I feel is great. Talking in a safe environment without being judged. I spend most of my time doing and giving. This was about me. My volunteer was compassionate, reassuring, making me feel comfortable, knew how to steer the conversation”



“I used to have many intelligent discussions with my wife. She was incredibly bright. I missed that when she got dementia. I welcomed those discussions with my befriender, even if we didn’t always agree. It was wonderful to re-connect”



Please visit our website to view our befriending video

<https://harrowcarers.org/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, Befriending Co-ordinator at kalpana.mehta@harrowcarers.org

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

DEMENTIA SUPPORT

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



Care Home Support Group



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 9th Feb 2026
Monday 9th Mar 2026
Monday 13th Apr 2026

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

Tel: 020 8868 5224



www.harrowcarers.org

NEW

Dementia Programme for 2026

6-week programme for Carers only in person

**Thursday 26th March to
Thursday 30th April 2026
from 10am-1pm**

Harrow Carers Office
376-378 Pinner Road HA2 6DZ
Email

Roshanthi.Pereira@harrowcarers.org
for more details and to book

ONLINE

Online Dementia Programme

6-week programme

Monday 23rd March - Monday 27th April 2026

6:30pm-8:30pm on Microsoft Teams
Email

Roshanthi.Pereira@harrowcarers.org
for more details and to book



Coming up - Choir for Dementia carers and loved ones
Further details to follow!



We are dementia friendly

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



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
Dates: 4th Feb, 4th Mar and 1st Apr 2026

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
Dates: 9th Feb, 9th Mar and 13th Apr 2026

Week 3 - Monthly Dementia Information Hub for carers at Northwick Park Hospital
Sessions run 3rd Wednesday of the month
Time: 2pm-4pm
Dates: 18th Feb, 18th Mar and 15th Apr 2026

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
Dates: 25th Feb, 25th Mar and 22nd Apr 2026



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 07495323919



Next Programme in March 2026

Contact Roshanthi, Dementia Team Lead

Roshanthi.pereira@harrowcarers.org or 020 8868 5224

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



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>

LOOKING AFTER YOURSELF

Think Pharmacy First

Most pharmacies in England are now providing the Pharmacy First service.

This free NHS service allows you to get quick access to healthcare advice for the following seven conditions:

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Shingles (aged 18 years and over)
- Sinusitis (aged 12 years and over)
- Sore throats (aged 5 years and over)
- Urinary tract infections (UTIs) in women (aged 16 to 64 years)

If you have symptoms that suggest you may have one of these conditions, you can walk into a pharmacy and be offered a consultation with a pharmacist in a private consultation room.

The pharmacist will provide advice and, if clinically necessary, a prescription medicine to treat the condition (NHS prescription charges apply if you normally pay for medicines supplied on prescription).



Pharmacy First for help with everyday health conditions

SAVE TIME AND AVOID WAITING TO SEE A GP

For **FREE** confidential advice and treatment ask your pharmacist **FIRST**

- ✓ Acne
- ✓ Athlete's foot
- ✓ Diarrhoea
- ✓ Ear Wax
- ✓ Groin area infection
- ✓ Haemorrhoids
- ✓ Head lice
- ✓ Mouth Ulcers
- ✓ Oral Thrush
- ✓ Scabies
- ✓ Threadworms
- ✓ Vaginal Thrush
- ✓ Verrucae



Think Pharmacy First

Find out more by watching the Pharmacy First animation or visiting [nhs.uk/thinkpharmacyfirst](https://www.nhs.uk/thinkpharmacyfirst)

Please visit You Tube to view Pharmacy First animation, on the following link:

<https://www.youtube.com/watch?v=ec-43uOnzPY>

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 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+)



WINTER WELLNESS

Cold weather support

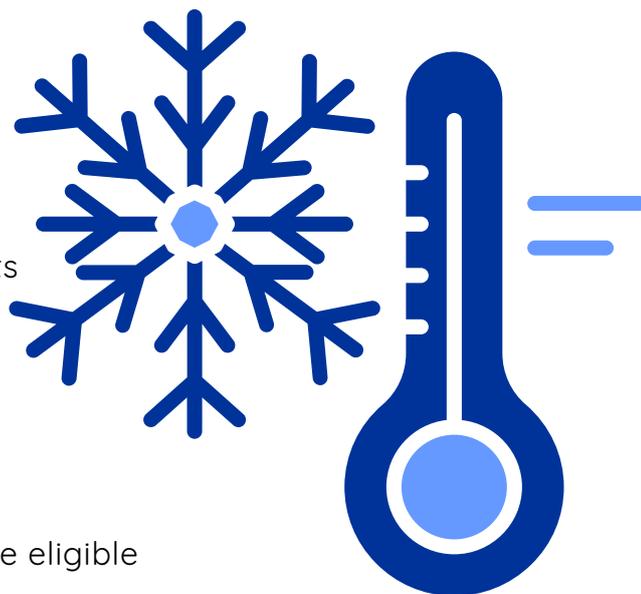
Winter brings us adverse weather conditions, flu and other potential outbreaks. Increased living costs may lead to pressures within our community. There are risks associated with severe cold weather that can impact our health. These create extra demands on our services. We are working with our partners in health and social care to support resilience.

Seasonal Health Intervention Network (SHINE)

The London Borough of Harrow has teamed up with SHINE, the Seasonal Health Intervention Network. SHINE is a fuel poverty referral network and free energy advice service. They provide a dedicated helpline and interventions to help reduce utility bills, tackle energy debt, and stay well and warm.

Free support from SHINE is available if you are living in Harrow and one of the following apply:

- Over 60
- On a low income
- Have a disability or long-term illness
- Have children
- Advice & Services include:
 - Energy & Bills, including electricity & water discounts
 - Energy doctor home visits
 - Energy debt support & bill comparisons
 - Extra care services
 - Heating & insulation grants
 - Income maximisation and budgeting advice
 - Fire Safety checks
 - Air pollution alerts
 - London Taxicard – subsidised taxi journeys for those eligible



You can get a free assessment and access a range of services by calling **0300 555 0195** or visit shine-london.org.uk

Support with bills and energy efficiency

- **Winter fuel payment:** If you were born on or before 22 September 1959 and receive certain benefits, you could get between £100 and £300.
- **Energy Grants Calculator:** Find out if you qualify for free energy efficiency schemes.
- **OFGEM:** The independent energy regulator. They work to protect consumers, especially vulnerable people, ensuring they are fairly treated.

Keeping well and staying warm in winter

If you feel unwell help is available from:

- Pharmacies can give treatment advice for a range of minor illnesses and tell you if you need to see a doctor. [Find a pharmacy](#).
- You may be able to speak to your GP online or over the phone or go in for an appointment if needed.
- Call NHS 111 or [access NHS 111](#) online if you need medical help right now with your physical, mental or dental health.
- For further guidance see NHS advice on [how to keep warm well](#).



For more information please visit Harrow Council's website:
<https://www.harrow.gov.uk/winterwellness>

SAFEGUARDING

Making Safeguarding Personal What It Means for You as an Unpaid Carer

Making Safeguarding Personal (MSP) is an approach used across adult social care to ensure that safeguarding is not something that is done to people, but something that is carried out with them. It focuses on treating adults—and the carers who support them—as individuals with rights, choices, and a voice in all decisions that affect their safety and wellbeing.

For you as an unpaid carer, MSP means that if there are concerns about abuse, neglect, or risk of harm—either to the person you care for **or to you**—professionals must listen to what matters most to you, understand the outcomes you want, and work alongside you to agree the best way forward. Safeguarding conversations should be honest, respectful, and centred around your views, not assumptions.



MSP recognises that carers may sometimes raise safeguarding concerns, be involved in them, or be affected by them. You will be included in discussions wherever appropriate, supported to express your worries, and given clear information about what is happening and why. If you feel overwhelmed, unsafe, or unsupported in your caring role, MSP ensures you are offered help, early intervention, and the chance to have your own needs considered.

Ultimately, MSP means safeguarding is personal, strengths-based, and empowering. You should feel heard, respected, and part of the solution—not blamed, ignored, or left out. Safeguarding aims to build on what is working well in your caring situation while ensuring that both you and the person you support can live safely, with dignity and choice.

If you would like to talk to us about Safeguarding or have a concern, please email admin@harrowcarers.org or call 020 8868 5224





NOTICE BOARD




Harrow Parent Carer Forum
Our strength is our shared experience

We are a friendly, supportive community of families who have children or young people with special needs or a disability that live in the borough of Harrow.

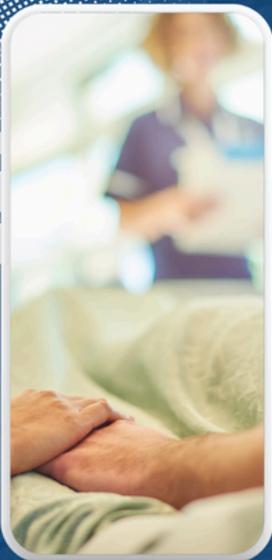
Our Steering Group are all parents that have children or young people with special needs or a disability. We represent the parents of children and young people up to the age of 25 with **any** form of SEND or health needs, both pre and post diagnosis, including those in mainstream schools, and we pass on their views to local professionals to help shape local services.

Keep up to date on our social media pages

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

If you need to get in touch
Email us at info@harrowparentforum.org
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).



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



NHS App

Download the NHS App or log in through the NHS website to access NHS services online.

<https://www.nhsapp.service.nhs.uk/login>



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@ageukhhb.org.uk



020 8756 4391
stepsprogramme@ageukhhb.org.uk
ageuk.org.uk/hillingdonharrowandbrent

Registered charity number 1051711



FREE

HEALTH CHECK

Available every month on selected Saturdays



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

Call to book or email

T: 07579096292

E: admin@harrowcarers.org



NOTICE BOARD

CARERS TRUST

energy saving trust

Winter is here.

Get help to **reduce your fuel bills** and keep safe.



Winter means higher fuel bills and more worries for many carers. So Carers Trust and Energy Saving Trust have teamed up to bring you some online learning to help you keep those bills down.

It's easy to sign up. Just use the link below or scan the QR code.

You'll need to use your email address to create an account. Once you're set up, you can work through the four short modules at your own pace. You can stop and start again when you want.

There's no exam and nobody is monitoring how you go through the modules. But what you learn might just save you some money this winter.

The modules are designed to help busy carers understand:

- insulation and draught-proofing your home
- heating systems and controls
- the risks of carbon monoxide poisoning
- the Priority Services Register (PSR)
- energy-efficient appliances, and
- grants and schemes for insulation and heating improvements.

So what are you waiting for? Set up your account today and get saving!

Register with this link, or use the QR code:
Carers.org/EnergyAdvice



Once you've registered, you can log back in to your training here: <https://energysavingtrust.reach360.com>

MACMILLAN CANCER SUPPORT

citizens advice

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. Alternatively, you can fill in a web form: <https://www.citizensadviceharrow.org.uk/macmillanbenefits-advice-service/>

You can find out more from either your health or social care professional or at your hospital information centre.

Introducing 'WALK IN WEDNESDAYS' - Northwick Park Macmillan Cancer Info Centre 9.30am - 4pm. No appointment needed. We also offer telephone and Face to Face advice appointments at The Macmillan Information & Support Centre at Northwick Park Hospital/ Central Middlesex Hospital and Ealing hospital.

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

020 8901 2680 (option 4) conversation.cafe@harrow.gov.uk



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

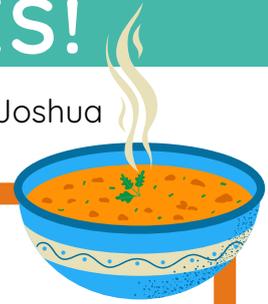
Email:

home.library@harrowlibraries.org.uk

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

SIMON'S SOUPER RECIPES!

We had two soups at the Christmas event, made by our staff member Simon Joshua and a number of people requested the recipes. Soups are really easy!



Curried carrot and lentil soup

Ingredients

- 1 medium onion – roughly chopped (or 1 cup frozen chopped onion)
- Olive oil for frying
- 6 cloves garlic
- 3cm cube of ginger, grated
- 1.5 tbsp curry powder (or substitute with other spices)
- 900g chopped carrots
- 300g cups dry red lentils
- 10 cups (2.5 litres) water
- 2 tbsp vegetable broth paste, cubes or stock pots, or 2 bouillon cubes
- ¾ cup full-fat coconut milk
- Juice of 1 lemon (or less if you prefer)
- Salt & pepper to taste

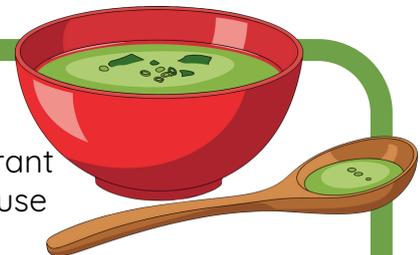


Method

1. Fry the onion in a little olive oil until slightly coloured and then add the garlic, ginger and curry powder. You can use lazy garlic and ginger and change the spices to your taste.
2. Add carrots, red lentils and the water. Add the preferred stock, I use stock pots but you can use homemade. Bring to a gentle boil and then turn down the heat to simmer. Simmer until the carrots are soft, a knife will go into the carrot easily. This takes around 20 minutes but it is not critical.
3. Remove from the heat and using a blender or stick blender, blend until smooth, again to your own preference. I like a little texture.
4. Stir in the coconut milk and then season to taste and add the lemon juice to taste. You can garnish with some coriander, paprika or chilli flakes. Or make croutons from bread you might have that is a few days old.

Green pea and lettuce soup

It might sound weird, but this soup is delicious. The peas give it the vibrant colour and the lettuce could be a bit past their best so a great way to use up these ingredients from your fridge.



Ingredients

- Olive oil or butter to fry onion
- 1 large white onion, or 1 large leek (discard top green part) chopped
- 1 teaspoon lazy garlic and ginger
- 3 little gem lettuce, or any green lettuce, chopped to give 6 cups
- 3 cups frozen peas
- 500ml stock (you can use chicken or vegetable)
- 2 teaspoons fine sea salt
- Black pepper to taste
- Garnish with chopped parsley or mint
- You can also add lemon juice to taste, or some double cream / coconut milk



Method

1. Fry onion or leeks in butter or olive oil until softened. Use a medium heat. This takes about 6 or 7 minutes. Add the garlic and ginger, fry for another minute and then add the chopped lettuce. Cook, stirring frequently for another 5 minutes.
2. Add the peas, stock and one cup of water. Bring to a simmer. Add salt and pepper. Cook for 5 minutes.
3. Add the cream if you are using and then blend, either using a blender or with a stick blender depending on how smooth you like your soup (blender produces a much smoother soup).
4. Return to your cooking pot and then check the seasoning, adjusting to taste. Adding the lemon juice gives a good flavour but is not essential.

FINAL NOTES

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



ELITE
SPECIALIST CARE
PART OF HARROW CARERS

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

Since January 2025, we have welcomed 521 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!

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



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 JAM-PACKED WITH INFORMATION
AND ACTIVITIES. IN-BETWEEN WE SEND OUT UPDATE BULLETINS AS NEEDED**