



## Hello Spring

### CEO'S MESSAGE

Dear Carers,

Hello and the warmest welcome to our April /May edition of Harrow Carers newsletter. I hope this finds you happy, healthy, and positive as we head into beautiful Spring. If the better weather and lighter nights make you want to do more, we have plenty of activities coming up over the next couple of months, including a very important week for your diaries, Carers Week 2023, which is all about you and connecting communities. Please refer to page 4 for further information.

We have been in a very busy period over the last couple of months and have started to roll out some exciting new services supporting unpaid carers including our care home support service, which provides support to unpaid carers with a family member living in a care home.

We are always here for you, so please do get in touch with us.

Thank you for reading our newsletter.

Charmian Boyd  
C.E.O



 @harrowcarers

 @harrowcarers

 @carer.harrow



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# ACTIVITIES

## ZUMBA with Marina

Get grooving and moving with this versatile fitness class combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class- includes bhangra!

**Every Wednesday at Old Lyonians Sports Ground  
10.15AM - 11.15AM**

## Elevate

A self-supporting group open to all Unpaid Carers.

**Every Tuesday  
11am -12:30pm. Alternating weeks  
between Zoom and  
face-to-face. Next meeting is on  
Tuesday 4th April 2023  
at Harrow Carers Office**

## Sewing Classes\*

**at Harrow Carers Office**

**Our sewing classes are held on the  
2nd and 4th Wednesday  
of every month  
1.30PM - 3.30PM**

\*Please bring along some cotton material, a needle & thread, scissors, pencil and paper

## Friendship Cafe

**Old Lyonians Sports Ground  
every 1st Wednesday of the month  
1.30PM - 3.30PM**

## Pilates

Sometimes our bodies crave gentle and relaxing movements and this is the perfect Pilates workout for those days. Beginners and improvers welcome

**Every Wednesday at Old Lyonians  
Sports Ground  
11.30 AM - 12.15PM**

## Yoga

A gentle and steady-paced class suitable for absolute beginners, the focus on simple movement to encourage more body awareness and physical mobility including breath and meditation.

**Every Monday at Old Lyonians  
Sports Ground.  
10:30AM- 1:30PM**

## Qigong

Qigong coordinates flowing movement and breathing to develop the mind and body holistically, with a guided visualisation to promote health and enhance internal energy levels. Please wear comfortable clothing, bring along a water bottle and aim to arrive 5 minutes early to get ready for the session.

**Every Friday at Old Lyonians  
Sports Ground  
1:45PM- 3PM**

**Please note that Qigong will NOT be  
running on the following dates**

Friday April 7th 2023 (Good Friday)

Friday April 14th 2023

**\*If you would like to join any of the activities please contact  
[wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) 020 8868 5224 x 214 for joining instructions.**

# SUPPORT GROUPS

## Warm Hub

Old Lyonians Ground

every Thursday

11.00AM - 3.00PM

## Tamil Women Sewing Group

At Harrow Carers Office

every Friday

10.00AM - 12.00PM

## Venue Addresses

Old Lyonians Sports Ground,  
74 Pinner View HA1 4QF

Harrow Carers Office  
376-378 Pinner Road  
HA2 6DZ

## Archery

Old Lyonians Ground every 2nd Thursday

2.30PM - 4.30PM



## Mental Health Support Group

Do you care for someone with a mental health condition? If so, join us from 1.30pm to 2.30pm every **2nd Friday** online using the following link:

<https://zoom.us/j/99301850653?pwd=anhEdnB6M0tHTDhOSTAySjBoSHdUZz09>

Meeting ID: 993 0185 0653 / Password: 905117

Or, join us in person at Harrow Carers office in North Harrow from 1.30PM-2.30PM every 4th Friday of the month - it is a drop-in group so no registration/booking is required.

**\*If you would like to join any of the activities please contact [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) or 020 8868 5224 x 214 for joining instructions.**



## Counselling service for ages 16-25:

Harrow Carers are pleased to offer our counselling service to Young Carers aged 16-25. 10 free sessions and the final two (if you choose to complete the 12 sessions) will be charged at £15.00 per session. Counselling is an important part of maintaining your health and wellbeing. It is a way for you to think, feel and talk things through that are causing you stress or anxiety. Our counsellors will be there to support you and listen to you in an empathetic and non-judgmental manner.

**For more information, please email [disha.patel@harrowcarers.org](mailto:disha.patel@harrowcarers.org) or call 02088685224.**

## Wellbeing and workshops:

Good and healthy wellbeing is crucial for everybody but especially as a carer, it is imperative to function at a level where you are not feeling overwhelmed or burnt out. You can only care for and help others if you are able to care and get help for yourself first: you cannot pour from an empty cup! Hence why services such as counselling and wellbeing workshops are available to you: please make use of them. We are here to support you and help in any way we can.

We would like to hear from you on what topics you would like to include at future workshops. For example, we have held two sets of workshops aimed at managing stress, anxiety, and sleep.

**If there are any others that are of interest to you, please let me know: email [disha.patel@harrowcarers.org](mailto:disha.patel@harrowcarers.org) or call 02088685224.**

# SPECIAL EVENTS



The Coronation of His Majesty The King and Her Majesty The Queen Consort will take place at Westminster Abbey on Saturday 6th May, 2023.

To celebrate, we will be hosting a big picnic lunch on Thursday 4th May at Old Lyonians Sports Ground from 12 -3pm! Let's come together to share friendship, food and fun.



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## Save the date for Carers Week 5-11 June 2023



Carers Week 2023 is right around the corner. This year's campaign will run from 5-11 June with the theme of **Recognising and supporting carers in the community**. It's all about communities coming together to recognise the huge contribution unpaid carers make to society.

This year we have some very exciting events planned, so please save the dates!



**Monday 5th June** – Community Outreach – Supermarkets

**Tuesday 6th June** – Community Outreach – GP surgeries

**Wednesday 7th June** – Community Outreach – Harrow Town centre

**Thursday 8th June**– Community Outreach - Local High Street

**Friday 9th June** – **Family Fun Day 11-4pm**

Let's celebrate carers in the community with a fabulous fun-filled day of family fun. We will have food, children's entertainment, competitions, music and then in the evening we have an indoor family quiz and much more...



Carers Week is an annual campaign to raise awareness of caring and help people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. Further details will be emailed out to all carers in May.

# UPCOMING ACTIVITIES

## ELEVATE SELF-SUPPORT GROUP



Elevate Carers meet every Tuesday 11am-12.30pm. We alternate weekly from Zoom and (after a break due to restrictions) now back in person, in the Harrow Carers meeting room. This is a forum where unpaid Carers offload and support each other with our issues. We are primarily self-sufficient with Harrow Carers staff setting up the zoom platform or meeting room.

All unpaid carers are welcome



### Strength and Balance Workshop

Strength and Balance is course of exercise classes focusing on falls prevention.

You will learn exercises, including balancing activities designed to increase strength, mobility, and prevent falls.

Each week there will also be a 15 minute talk to include the following topics:

1. What is osteoporosis and prevention measures.
2. Hearing and vision loss
3. Medication and side effects that can cause balance issues.
4. Foot care – looking after your feet.

Class 1: Monday 27th March 11:30 am – 12:30  
Class 2: Monday 27th March 12:45 pm – 13:45  
Class 3: Monday 3rd April 11:30 am – 12:30  
Class 4: Monday 3rd April 12:45 pm – 13:45

These classes will in the main hall up our site at 74 Pinner View, HA1 4QF

Please email [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) to book your place on 1,2,3 or all 4 of the classes.

***"Meeting other carers helped me feel more confident and supported and prepared on what to expect in the future", Carer quote***

### Open University: study scholarships for carers



The Open University's Carers' Scholarship is the very first of its kind in the UK. They have already provided the equivalent of 110 full Open University scholarships to carers so that they get the chance to study, develop their sense of identity outside of caring and retrain towards seeking new employment. They aim to make a further 20 scholarships available in the 2023/2024 academic year, with six scholarships reserved for applicants aged 25 and under.

The Open University are once again offering scholarships for carers to study with the Open University, including scholarships for carers aged 25 or under. The application deadline is 21st June 2023. Carers' Scholarships Fund | How to Pay | Open University



Support and advice for older people, living in Harrow, on the waiting list for Orthopedic Surgery.

This service helps provide needed advice and support for those who are awaiting surgery on the orthopedic waiting list.

Being on the orthopedic waiting list for a while can be very stressful. This service has been introduced to help make it a little easier.

[Click here to find out more](https://www.ageuk.org.uk)

[WWW.AGEUK.ORG.UK](https://www.ageuk.org.uk)



# YOUR HEALTH

We recently completed another 7-week Dementia carer programme. Our carers have found the information from the programme and health care professionals helpful. In addition, just being in a safe environment and having the opportunity to share their struggles with other carers has brought immense comfort to them and increased their confidence. We recognise how caring for someone with dementia can be overwhelming and frustrating which will often bring about feelings of guilt. We encourage our carers to take care of their own wellbeing and to take part in activities that bring joy.

We organise chair yoga and fun activities for both our carers and cared for during our 7-week programme. We recognise the importance of doing fun activities.

**Our next programme will begin on 21st of March 2023. Please contact [Roshanthi.Pereira@harrowcarers.org](mailto:Roshanthi.Pereira@harrowcarers.org), if you are interested in joining this programme or would like to know more about the Dementia Carers Support Project**

## DIABETES AND RAMADAN

**Ramadan in 2023 will run from on or around Wednesday 22 March for 29 or 30 days, ending with Eid al-Fitr, a religious holiday celebrated by Muslims worldwide.**

The Qur'an requires Muslims to fast during the month of Ramadan from sunrise to sunset. However, there are exceptions to this. One of them is that people who are ill or have medical conditions do not have to fast. This can include people living with diabetes.

Helpful links, copy and paste the below links in to your web browser:

- Ramadan: Preparing and Participating if you live with diabetes feat, Lived Experiences | Diabetes UK - YouTube
- Ramadan Health Factsheet 2021 – BIMA (britishima.org)




## Remember to tell your GP that you are an unpaid carer

Let your GP know that you are a carer and ask if this could be registered on your medical record. All GP practices will have a carer registration form.

# ADVICE AND BENEFITS

## Money Smart Tips



- Set some goals for your money
- Prepare a budget and keep tracking it
- Look up your credit score and take steps to improve it
- Start saving/review how you are already saving
- Make sure you are receiving all the benefits and financial support you eligible for
- Seek support if you have problem debt

## Conversation Café lead by Allie Brice Carer Lead, Harrow Council

Bringing unpaid Carers and the people they care for together to have direct face-to-face support from adult social care. Held at different locations in Harrow, please email [carers@harrow.gov.uk](mailto:carers@harrow.gov.uk) to receive updates from Allie.



## JOIN OUR WHATSAPP BROADCAST



## Get Support **turn 2US**

A free and easy-to-use Benefits Calculator and Grants Search tools to check what benefits you might be able to claim and what grants you might be able to apply for. One really helpful website is <https://grants-search.turn2us.org.uk/>

Join our WhatsApp for carers which will be used to provide updates on events and reminders. Please text 'join whatsapp group' to **0744 0791801** with your full name and carer card number. You will then be sent an invitation link to join.



## Hospital Discharge Team



Our Hospital discharge service has extended their hours until 7pm Monday to Friday. We support patients to go home from hospital. Our team visit patients on the ward and will carry out an assessment and then will take you home in a taxi. This service is free of charge.

## Sainsbury's rolls out £2 'Taste Me, Don't Waste Me' fruit and veg boxes to help reduce food waste

Sainsbury's is introducing fruit and vegetable boxes at over 200 stores to allow customers to purchase surplus products at a reduced price.

The move is part of the retailer's ongoing commitment to halve its food waste by 2030 whilst also helping customers to access healthy, affordable, and sustainable food. For just £2, customers will receive a variety of loose fruit and vegetables.

**Your donations help us improve our services and help us reach and support more unpaid carers, when they need it most.**





# NOTICE BOARD



**Harrow Parent Carer Forum**

**CORONATION big lunch**

**Save the date** **JOIN IN!**

**Sunday 7 May, 2023**  
**12.00 - 16.00**  
**Old Lyonians**  
 74 Pinner View, Harrow HA1 4QF

**Activities include:**

- Face painting
- Bouncy Castle
- DJ
- Games / Prizes
- Entertainer

**and lots more!**

**LUNCH WILL BE PROVIDED**



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

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

### Keep up to date on our social media pages

**f** **HarrowParentCarerForum**  
**HarrowParentCarers**

**@HpfHarrow**

**f** **HarrowSendNoticeboard**  
 The Harrow SEND Noticeboard has regular local and national news updates and information

**harrowparentforum**

### If you need to get in touch

Email us at [info@harrowparentforum.org](mailto:info@harrowparentforum.org)

Give us a call on 07928 577 689

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

Harrow Parent Carer Forum (HPCF) is a parent-led SEND participation forum that is funded by the Department of Education (DfE).

## How you pay for parking is changing

The council is encouraging people to use cashless transactions to pay for its services.

Car parking is one of the areas affected, with suspension of traditional pay and display from 30th January 2023. One-hour-free parking will be introduced across all council car parking spaces at the same time.



### Paying to park in Harrow

The easiest way to register your parking session and get your free hour will be with the PayByPhone app – available from all app stores.

PayByPhone also offers text, call and online services. Please set up an account to use these at [paybyphone.co.uk](http://paybyphone.co.uk) or by calling 0208 039 1101.

See more information including how-to guides at the **PayByPhone website** or **YouTube channel**

When parking in the majority of spaces the option to pay with cash will still be available.

This can be done via the network of PayPoint stores. Details of the nearest one can be found on signage in car parks and near our on-street bays.

Where there isn't yet a participating store within a five-minute walk, parking will either be made free (subject to a maximum stay) or a temporary pay and display machine taking card payments will be available.

Please check signage carefully when parking to confirm tariff and payment options. These changes do not affect Blue Badge holders.

# STAFF / TRUSTEE UPDATE



The trustees are pleased to announce that a new chair of trustees was elected by the trustees on Wednesday 15th March 2023.

Our new chair, Geoff Broomhead, has been involved with our charity since working as a volunteer during Covid when he delivered vital food, prescriptions and PPE as well as helping set up payment systems. Geoff has served as a volunteer trustee since May 22. His broad business career and social activity has included chairing another charity for 10 years and an unpaid carer role. We would like to thank our outgoing chair Manoj Varsani MBE who led the charity through the pandemic to continue to thrive and serve increasing numbers of carers in so many different ways. His dedication and hard work have been much appreciated by Harrow Carers staff team.



## **Support unpaid carers while boosting your skills and meeting new people**

We are looking for volunteers to help us make a difference to the lives of unpaid carers in Harrow over Carers Week. Fantastic opportunity to develop and enjoy new experiences. You'll connect with your community, meet new people, learn new skills and share what you know. Contact [rehna.tanna@harrowcarers.org](mailto:rehna.tanna@harrowcarers.org) for more information



## **We Care Feedback Survey**

There is still time to have your say  
The survey is for all carers being supported by Harrow Carers.

It is completely anonymous unless you would like to be identified, so we can respond to something you have said, in which case you can add your name. It takes less than 10 minutes to complete.

Here is a link to complete the survey online.

**[Click here to complete the survey](#)**

If you would like a paper version of the survey to complete you can get one by contacting us.

**Thank you for your time**



## **You are invited to the launch of Carers Strategy Event**

Learn more about the Carers Strategy 2023 - 2026 and listen to a talk on Dementia. There will be a range of professionals, charities and voluntary organisations available to meet with attendees on the evening.

Refreshments provided

Wednesday 19th April 2023 at St Peter's Church Colbeck Road West Harrow  
6pm-8:30pm

**To Book your place**

Eventbrite - [click here](#)

Email - [carers@harrow.gov.uk](mailto:carers@harrow.gov.uk) or call Harrow Carers on 020 8868 5224 to confirm

Or just turn up on the day

# SERVICE UPDATES

## ARE YOU THINKING ABOUT HOME CARE

**It can be difficult thinking about arranging care at home. Alongside practical and financial issues there's the emotional impact and many carers report feelings of guilt and loss and not knowing where to turn for information.**

Harrow Carers Home Care service provides individuals and unpaid carers with help and support with tasks according to individual needs. Affordable, personalised quality care provided in your own home, from hourly, daily, night, or weekly care visits, right through to the dedicated support of a 24-hour live-in carer

Contact us today for more information and to book your free, no-obligation telephone consultation or pop in for a cuppa to discuss your needs and how we can help.

<https://harrowcarers-homecare.org>

03300 882224 / [homecare@harrowcaeres.org](mailto:homecare@harrowcaeres.org)



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

## COULD YOU BENEFIT FROM HOMESHARE?



We have had an exciting month with some great referrals for new clients who are now enjoying the benefits of having a homesharer living with them, and enjoying nutritious dinners cooked by our homesharers.

### **How does it work?**

We match Homeowners with potential Sharers using a thorough vetting process that starts with getting to know both well. Having an in-depth understanding of what a Homeowner's needs are means we can match them to the right Sharer. It's important to us to get it right, the first time. For full details of the process, please give us a call.

*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>

# Coronation Wordsearch

R B U C N S C P A L A C E S P J B T  
U I R A Z O P E I K T I V Y W A U H  
C G B K I N G Q L C R O W N G O N R  
W E S T M I N S T E R A B B E Y T O  
A C A R R I A G E L B Y Q R K O I N  
I C T A W W O Q Y V E R K E V V N E  
Y Y A Q U E E N Q B K O A Y M V G M  
Y Z M Z W I N D S O R G M T T J Y U  
H K U W B U C K I N G H A M I O P D  
C A S T L E U C O R O N A T I O N M  
Q B Q A Z F I I R O Y A L P N H N G  
S T R E E T P A R T Y O V H R E C S

Can YOU discover the missing words?

CORONATION

KING

QUEEN

CROWN

WESTMINSTER

ABBEY

ROYAL

CELEBRATION

WINDSOR

STREET PARTY

CASTLE

BUCKINGHAM

CARRIAGE

THRONE

BUNTING

PALACE



# FINAL NOTES

Thank you to all our wonderful carers, friends and staff who attended and supported us in making International Womens Day such a success! A special thank you to the Mayor and Mayoress of Harrow for attending our event and inspiring our carers.



Leave a gift in your will

By choosing to make a gift in your will to Carers UK you can affect change for unpaid carers long into the future. Leave a lasting legacy today.

Caring will affect all of us at some point in our lives, that's why including a gift in your will to Harrow Carers is so important. Your gift will enable us to keep working towards a society in which carers are respected, valued, and supported.

Please give us a call for further information

### Stay in touch

If you use email, make sure you're signed up to receive our monthly e-mail news bulletin. Every month we'll send you up-to-date, useful information for carers. Subscribe by contacting us at: [admin@harrowcarers.org](mailto:admin@harrowcarers.org) or 020 8868 5224  
Please let us know if you need a large-print version of our postal newsletter.

WE WANT TO HEAR FROM YOU! YOUR LIVES, YOUR STORIES...

Maybe you've got a cleaning tip, a recipe idea, a useful piece of advice or a funny story? Whatever you want to get off your chest, put it to paper or email and send it to us

## Counselling Services



Our counselling service offers a safe place for you to be listened to, without judgment, to help you understand your thoughts and feelings. We can help you make sense of what you're going through and support you with the difficulties you're experiencing. Please give us a call on 0208 868 5224 or email [talk@harrowcarers.org](mailto:talk@harrowcarers.org) for next steps.



## USEFUL LINKS & CONTACTS

Getting help from the NHS: the NHS urges the public to get care when they need it.

Samaritans: if you need to talk to someone.

Mind in Harrow: Top tips on managing your mental health.

GOV.UK: What you need to know about coronavirus

Harrow Council: Council updates.

Carers UK: Expert advice, information and support

Ok Rehab: Specialise in addiction treatment.

**OUR NEWSLETTERS WILL NOW BE ISSUED EVERY 2 MONTHS AND JAM PACKED WITH MORE INFORMATION AND ACTIVITIES**