



Our fabulous Carers Fair is back!!

Making caring visible, valued and supported

Hillingdon Carers Fair is organised by Carers Trust Hillingdon and the London Borough of Hillingdon to mark national Carers Week

Please join us in the Pavilions in Uxbridge - we're back after a two year gap!

As well as celebrating and recognising Hillingdon's army of unpaid carers, the purpose of the event is to provide as much information to carers as possible, give them the opportunity to talk to support services face-to-face and to raise awareness of caring to help people to recognize themselves as carers. Every year we identify and register at least 50 new carers who are passing through the shopping centre just going about their daily lives unaware that there is help available.

As well as a great range of stalls from voluntary and statutory organisations that provide help, support, information and services to carers, the event will be attended by the Mayor of Hillingdon.

**Pavilions
Uxbridge**

Tuesday 7 June 2022

**10am
- 4pm**

Save the date!

Carers Trust Hillingdon AGM and Carers Forum

Thursday 6 October, 10am-12.30pm

**LOCAL
SERVICES
CARERS
TRUST**

Finding your way—an introduction to caring

Caring for your loved one can be very rewarding but also hugely challenging there's no job description, set hours or a manual you can follow.

If you are newly registered, why not come along to our Carers Centre for a coffee and chat about how we can help you.

Wednesdays 18 May or 21 September at 1:30pm

Tuesdays 19 July or 22 November 10:30am



Preparing to care for someone towards the end of their life

You might be caring for someone who has a critical diagnosis or is naturally nearing the end of their life and want to know what the future might hold and how to deal with it. We are offering three workshops, delivered over Zoom by skilled health professionals, to help you learn about end of life care, the stages of grief, coping techniques and where to access professional support.

Understanding palliative care

Wednesday 27 April, 29 June or 26 October 2-4pm

Covering the practical things you need to know, providing the chance to discuss your feelings and helping you to start planning for what happens next

Caring for a loved one in the home at the end of their life

Wednesday 4 May, 6 July or 2 November 2-4pm

Offering the practical skills you will need to care at home and advice on when to seek help. Also offering emotional support and onward referral to longer-term support if needed

Dealing with death

Wednesday 11 May, 13 July or 9 November 2-4pm

We will offer you strategies to cope with the emotions you will face as well as focus on the practical actions you will need to take



All sessions are on Zoom

When caring ends

We recognise how devastating it is losing the person you care for and want to offer help where we can. Following many conversations with carers during our care calls, we have responded to your requests and are planning Cafes for former carers. These take place as follows:

Uxbridge – second Wednesday of the month, 1.30-3:00pm

Northwood Hills – last Tuesday of the month, 1.30-3:00pm

Free PPE for carers

The DHSC have announced changes to the way PPE is distributed from 1st April. All unpaid carers can now register on the DHSC portal to arrange delivery of free PPE to their home address.

We still have gloves, aprons, masks and sanitizer left, so please give us a ring and stock up.

**For all activities call Lynne or Nadia on: 01895 811206
or email: wellbeing@carerstrusthillingdon.org**

Carer-related benefits

Our skilled Advice team has secured over £2.5 million in carer-related benefits in the last three years. Staff are happy to discuss your entitlements and how they can help you to claim these.

They can do most of this over the phone but are offering socially-distanced appointments or home visits if you need them.

Make an appointment today - 01895 811206

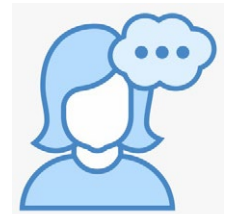


Free Legal Advice Clinics for carers

Local Law firm IBB has supported Carers Trust Hillingdon for many years. They continue to offer carers a free consultation via telephone on all legal matters to do with caring, such as Powers of Attorney, inheritance, paying for care and a whole range of other complex legal issues that caring can create.



Appointments can be made by email:
j.simmonds@carerstrusthillingdon.org
or by phone: **01895 811206**



Legal planning

10.30am-midday, Wednesday 7 September 2022, Fassnidge Hall, Uxbridge

Have you heard phrases like Wills, Trust, Power of Attorney and Guardianship but don't have a clue what they mean? We will be holding a session with a local solicitor who will explain why you should plan and how to go about it.

If you would like more information or to register please email:

wellbeingteam@carerstrusthillingdon.org



Working for Carers



We appreciate that as a carer you might have been out of the job market for a while and might need support to boost your confidence and update your job searching skills.

Working for Carers is a London-wide project, led by Carers Trust, that supports unpaid carers, aged 25 or over, to move closer to employment. Our experienced advisors will offer advice and help you to gain new skills to get you back to work

For more information please call Pami on 01895 811206

Fact sheets and information

We have a whole range of Fact sheets for carers. They cover a broad range of topics from information about our services, your health and your rights as carers. Please visit our Advice Centre on the High Street in Uxbridge (opposite Tesco) or you can download the factsheets from our website.

www.carerstrusthillingdon.org/publications



Caring day to day



Join us in a series of workshops where we answer some of your questions and help build your care skills with time for a coffee and chat with other carers

Managing medications

Tuesday 12 April 2:30-3:30 Emmanuel Church, Northwood

This session will help you better understand the role of your local Pharmacist and how they can help you. Learn about the safekeeping and administering of medication
- how to organise medicines and ensure they are taken.

Talking about incontinence

Wednesday 27 April 1:30-3pm Fassnidge Hall, Uxbridge

We will talk about incontinence and its impact, nocturia, the sanitary products, equipment and medication available. You will learn about how to improve your bladder and bowel health through nutrition and how to self refer to the Bladder and Bowel Service for support

Changing relationships

Tuesdays 3 and 10 May 1:30-3pm over Zoom

We will talk about how things have changed between you and the person you care for due to their illness, age or behaviour. Recognising you now have a different role, we will discuss what you can do to make things easier for yourself whilst not upsetting your loved one



Reducing the risk of falling

Wednesday 15 June 10am-12:30pm Fassnidge Hall

Review the causes of falls and consider strategies that could be used to help reduce the risk of falling whilst aiming to maintain independence and mobility

Hillingdon Adult Service - how to navigate social care

Monday 27 June 10:30am-12noon Christchurch Hall, Uxbridge

Find out how to seek help from Adult Social Care regarding equipment, what to expect from paid care workers that come into your home or how to access respite care with a Q&A session

First Aid

September, Uxbridge

Learn the basics to help you and your family around the home. This session will cover basic life support and using a defibrillator, dealing with head injuries and burns as well as helping you decide whether you need to go to the GP or A&E



Care homes explained

Saturday 9 July 10:30am-12noon Fassnidge Hall Uxbridge

Are you concerned about the future when you may wish to consider care homes but don't know where to start? Learn about what care homes offer, what to look for on visits to premises, staffing structures and considerations to take into account regarding payment

**For all activities call Lynne or Nadia on: 01895 811206
or email: wellbeing@carerstrusthillington.org**

**CREATIVITY
CARERS
TRUST**

Painting and drawing

from Thursday 5 May for 4 weeks 7-9pm, Brookfield ALC

Ideal for beginners, this course will teach you how to draw and then paint, learning new methods and skills

Sashiko Stitching

Tuesday 5 and 12 July 1:30-3:00pm over Zoom

Back by popular demand! Sashiko originated in Japan and is a beautiful way to use a running stitch to form decorative patterns on fabrics.

New Craft Group

2nd and 4th Thursday of the month at the Carers Centre or over Zoom

Do you want to join a 'Knit and natter' group but don't knit? Spend the morning with us, have a coffee, chat and enjoy a craft of your choice—crochet, felting, embroidery, sewing or knitting.

Clay Modelling

3 weeks in August/September—venue tbc

Ever wanted to be creative with clay? We will show you how to design, make and paint models without needing a wheel or a kiln. Suits beginners or those wanting a challenge.

**IN THE
PINK
WITH
CARERS
TRUST**

Exercise can be fun and social

Watts Hall, Christ Church, Uxbridge
alternate Thursdays 1:30-3:00pm



Exercise can be a great way to feel better, boost your health and have fun!

Chair exercise with Alison involves gentle stretching exercises
Yoga with Jodi keeps you mobile and your body flexible

Carers Cafes - Coffee & Chat

Come along and meet other carers for friendly conversation. You will receive a warm welcome in a relaxed environment and you can also bring the person

**STAY
SOCIAL
WITH
CARERS
TRUST**

Uxbridge

Fassnidge Memorial Hall, 1st Monday of every month, 10am-12noon

Northwood

Emmanuel Church, 2nd Tuesday of every month, 2pm-3:30pm

Ruislip

Ruislip Manor Methodist Church, 3rd Monday of every month, 2pm-3:30pm

Hayes

Hayes & Harlington Community Centre, last Thursday of every month, 11am-1pm



Carefree – Short breaks for carers

carefree

Carefree offers short breaks to full-time unpaid carers over the age of 21.
Speak with **Nadia** on 01895 811206 or register yourself via the Carefree website
www.carefreespace.org and be kept updated as and when breaks become available.

We look forward to welcoming you to the Carefree community!

New from the Hillingdon Carers Partnership



Mental Health Carer Support programme



Peer Support Coffee and Chat with Zoe on Zoom

For those caring for a family member or loved one with a mental health condition, this is a weekly opportunity to share coping strategies with other carers. **Every Friday, 12.30pm**

For more information or to join the group contact Zoe Austin: zoe@hillingdonmind.org.uk

Poetry Group

A meet-up for those who use or would like to use poetry to support their sense of wellbeing. Open to those who read or write poetry - or who are just curious to know how poetry could improve their lives.

Hillingdon Mind allotment space (or the Carers Trust Hillingdon Guest room in case of wet weather)

Fridays 1.30pm-3pm on 20 May, 10 June, 15 July, 12 August, 9 September

'Self-Help Book' Book-Clubs

Members are invited to share books (fact or fiction) that have made a difference to their lives. A great opportunity to broaden your own reading experience and benefit from some reading therapy.

We will be offering two book groups on Fridays at 10.30am-12pm or 1.30pm-3pm at Carers Trust Hillingdon Carers Centre 6 May, 17 June, 22 July, 19 August, 23 September

Forest Therapy Walks

The practices of Forest Bathing (known as Shinrin-Yoku in Japan) and Forest Therapy are ways of immersing our senses in the atmosphere of the forest for relaxation and positive health benefits.

New walks coming from June, please email Judith Twycross on: judith@hillingdonmind.org.uk



Pleased to meet you!



Offering a combination of psychological, therapeutic and art therapy approaches to help support your wellbeing

Managing Me Friday 29 April 1-3pm Christ Church Uxbridge

Take your carer hat off and focus on your sense of self in this interactive workshop

Looking after Me Thursday 26 May 10:30am-1pm Lansdown House, Harlington

This workshop introduces simple mediation practices as a way of enhancing our ability to nurture and care for ourselves

Create Me Monday 20 June 10am-12:30pm Ruislip Manor Methodist Church

You will explore ways that using art can help you relax and express yourself. Art Therapy will look at mixed media self portraits

Managing Me Friday 29 July 12:30-3pm Christ Church Uxbridge

An interactive workshop exploring why we feel stress, the impact of stress on our minds, our bodies and effective ways we can manage and reduce our personal stress levels

Looking after Me Wednesday 24 August 10:30am-1pm Christ Church, Uxbridge

Managing stress workshop will introduce some simple emotional 'first aid' practices for managing stress and overwhelming emotion

Create Me Monday 19 September 10am-12:30pm Ruislip Manor Methodist Church

You will explore ways that using art can help you to relax and express yourself.

For further information about these workshops please contact Nadia on: 01896 811206 or email: wellbeing@carerstrusthillingdon.org

The Carers Short Breaks service provides you with the opportunity to have a break from your caring role safe in the knowledge that your loved one is being cared for by someone with the appropriate training, skills and experience. Harlington Care's excellent care staff can:

- Take your loved one on social outings such as places of interest, lunch or walks
- Carry out personal care needs and support your loved one in the home if they can't get out
- Take them to local social groups, dementia cafes or libraries
- Create supportive relationships but also promote independence wherever possible

For more information or to check if you are eligible for this services,
please call Kellie Byers at **Harlington Care** on **01895 258888**

Specialist Dementia support

Alzheimer's Society support staff are based with the Carers Trust Hillingdon team at our offices in Uxbridge and we work closely together to provide support to families living with dementia.

Pop into the Advice Centre and pick up a **Dementia activity** flier or call Madhuri Kotecha on **07740 433472** or Julia James on **07803 115535**



Dementia support from Hillingdon Council



Dementia Friends

Tues 26 April and Wed 18 May 10:00am-midday over Microsoft Teams

- The sessions covers an overview of what dementia is, some affects and how people can live well with dementia

For more information and the session link email: sdurner@hillingdon.gov.uk

Daytime Disco - Compass Theatre, Ickenham

Wednesday 25 May, 7 June 1-3pm

Featuring popular music from 50s to the 80s with space to dance

Tickets are £5 and carers go FREE, these can be booked by phone **01895 250615**

Dementia-friendly screenings - Beck Theatre, Hayes

Monday 16 May 11am—On the town

Monday 11 July 11am—Calamity Jane

Monday 12 September 11am—Blue Hawaii

Tickets are £4 and the carer goes FREE, these can be booked by phone **0343 310 0044**

The MyHealth programme is an education and empowerment programme designed to give residents the knowledge, skills & confidence to take control of their health.

The overall aim of the programme is to engage, educate and empower those living with long term conditions and other health issues, to enable them to better self-care, self-manage and navigate services by increasing knowledge, skills, and confidence.

The philosophy of the programme is to ensure that the residents of Hillingdon can access high quality, evidence-based care in a setting appropriate to their needs by transforming the way care is delivered by co-producing the programme with service users and carers, providers, the local authority and community and voluntary sector groups. All workshops delivered through the MyHealth programme are completely free of charge and facilitated by a health professional.

Our current workshops are all **delivered over Zoom** and include:

Type 2 Diabetes (Qismet Accredited)
Menopause
Diet and Nutrition for Weight Loss
Pediatric Asthma

Pre-Diabetes (Qismet Accredited)
Hypertension & Cholesterol
Diet & Nutrition for Diabetes
Chronic Obstructive Pulmonary Disease

April workshops

Stress Management - 11 April 2pm – 4pm

Pre-Diabetes - 14 April 10am – 12:noon

Type 2 Diabetes - 18 April 5pm – 7pm

Hypertension & Cholesterol - 20 April 1pm – 3pm

To book: email the team directly - nhsnwccg.myhealth@nhs.net
Fill out a referral form on our website - www.myhealthhillingdon.nhs.uk
Call the team - 01895 543 437



And in other news...

Redevelopment of Hillingdon Hospital

You can sign up for the new Hillingdon Hospital newsletter using this link
<https://thh.nhs.uk/redevelopment/get-involved-and-have-your-say/>

The latest newsletter you can read online: <https://bit.ly/THH-February-newsletter>

Please note:

We ask all carers to note that the information in Carers News was correct at the time of going to print, however, in an uncertain world, we ask that you check before you travel as we will be keeping an eye on government guidelines and might have to make last minute changes.

We are so looking forward to seeing you all again!