

**Hillingdon Carers Partnership**

Working together for unpaid carers

We are pleased to announce our

**26th AGM, Carers' Forum
and Big Listen3****10am-2:00pm, Thursday 6 October 2022****Middlesex Suite, Civic Centre, High Street, Uxbridge**

You are cordially invited to join us at our 26th AGM, where you can hear about the progress that we at Carers Trust Hillingdon made over the 12 months from April 2021 to March 2022.

This will be followed by the Carers Forum, delivered in partnership with Hillingdon Council and with partners from Hillingdon Health Services.

Finally we really want to hear from you, Hillingdon's fabulous carers, what works for you, what is missing and what we might provide that would improve your experience of being a carer living in Hillingdon.

Why not join us for a free light lunch and take the opportunity to walk around the stalls at our third 'Big Listen' event? There, you can meet staff from across the Hillingdon Carers Partnership, as well as the statutory services, and give us some honest feedback about what is needed.

It would be extremely helpful for catering purposes if you could confirm your attendance

via email: office@carerstrusthillingdon.orgor by telephone: **01895 811206**

Finding your way—an introduction to caring

Caring for your loved one can be very rewarding but also hugely challenging:

There is 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.

21 September at 1:30pm

22 November at 10:30am

25 January 2023 at 1:30pm

Zoom sessions will be offered, dates and times tbc

Please contact Lynne on **01895 811206** or l.pritchard@carerstrusthillingdon.org



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 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 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 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 conversations with carers we have responded to your requests and can now offer Cafes for former carers. This takes place as follows:

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

We also offer organised visits for former carers to places of interest within the borough.

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 face-to-face 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**



Working for Carers



seven million reasons to care

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** or email p.singh@carestrusthillingdon.org

Free PPE for carers

The Department of Health and Social Care has announced changes to the way PPE is distributed from 1st April 2022

You can now get them from the London Borough of Hillingdon, Civic Centre, email: pperequests@hillingdon.gov.uk



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



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 you care for



Uxbridge

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

Northwood

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

Ruislip

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

Hayes

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

Arts for Carers

Come along and find your inner creativity.

We offer different workshops throughout the year and are always looking for new ideas.



Decorate your Christmas cake

Thursday 1 and 8 December 7-9pm over zoom

Learn how to ice, make models and decorate your own celebration Christmas cake.



Clay modelling

Wednesday 25 January, 1 and 8 February, Ruislip Manor 10am-12.30pm

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

Independent Carer Groups

Painting Group

1st and 3rd Thursday of the month at the Carers Centre or over Zoom

A chance to get together with others and enjoy drawing, painting or whatever you feel like at the time whilst having a cuppa and a chat.



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.



I am a carer but what about ME?

- different approaches to help support your wellbeing

LOOK
AFTER
YOURSELF
WITH
CARERS
TRUST

Stressed out?

Create Me – Art Therapy: Monday 17 October, 10am-12.30pm, Ruislip

Explore ways that using art can help you to relax and express yourself. We will look at mindfulness using colour and its connection to mood.

Emotional whirlwinds and dark clouds

Managing Me – Psychological Approach: Friday 28 October, 12.30pm-3pm, Uxbridge

Explore what we mean by the term 'mental health'. We will take a closer look at two of the most common conditions - anxiety and depression - and discuss how we can manage them.

Looking after Me -Therapeutic Care: Thursday 24 November, 12.30pm-3pm, Uxbridge

Look at practices we can use to manage anxiety and overwhelming emotion. Includes breath work mindfulness and movement.

Create Me – Art Therapy: Monday 12 December 10am-12.30pm Uxbridge

Visualise our emotions as the elements. Using watercolour, acrylic and inks for blowing and splashing to create a unique piece of art.

Energizing and enriching your life in 2023

Managing Me - Psychological Approach: Friday 20 January 12.30pm-3pm Uxbridge

Times of challenge and stress deplete our energy which can take its toll on our mental health. There are 6 key "energy stores" which support and maintain our mental health. Find ways to boost and maintain your personal energy levels throughout the New Year.

Create Me – Art Therapy: Wednesday 1 March 10.00am-12.30 Ruislip Manor

Get creative! Get moving your body to make art, as well as mess-making and bold mark-making.

Looking after Me – Therapeutic care practice: Thurs 23 March 10.30am-1pm, Harlington

Finding your Joy - This workshop looks at what brings us joy and encourages us to tap into sources of joy to energise and enrich our lives.

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

Get some exercise and be social

Uxbridge Stroller - Tuesday 20 September 10:45am

Come and enjoy a leisurely walk in Uxbridge before lunch and a chance to have social time together

Exercise Classes

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



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



Refreshments and chat afterwards.

Caring day to day

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



First Aid

Tuesday 18 October, 10am-12:30pm, 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



Hillingdon Adult Services - how to navigate your way around social care

Tuesday 8 November 2-3.30 Northwood

Monday 6 March – 10.30-11.30 Uxbridge

Find out how you seek help from Adult Social Care, for example, how to access equipment, paid carers in the home or respite care. We will also touch upon what you might expect from paid carers coming into your home with time for a Q&A.



HILLINGDON
LONDON

Managing medications – Hayes Spring 2023

We 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.



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

News from the Hillingdon Carers Partnership



Specialist Dementia support

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



Dementia Carer Cafes

Hayes Café

Hayes and Harlington Community Centre
Albert Road, Hayes, UB3 4HR

Every fortnight on Fridays
10.30am-12.30pm

Templeton Café

United Reform Church
Joel Street, Northwood Hills, HA6 1NL

Every fortnight on Tuesdays
10am-12.30pm

Please call **Madhuri Kotecha** on **07740 433472** or **Julia James** on **07803 115535** for more information or to book an appointment to discuss your situation.

The Council also offers a range of activities and opportunities. Why not pop into the Carers Trust Advice Centre on Uxbridge High Street and pick up a **Dementia activities** flier?



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Carers Short Breaks Service



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.

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



Mental Health Carer Support programme



Carers' Coffee and chat - Fridays 2-3:30pm via Zoom

The group is for peer support and includes workshops covering mental health and well-being strategies to help people manage their caring role effectively.

For more information please contact Evelyn on evelyn@hillingdonmind.org.uk

Poetry Group

Hillingdon Mind allotment space (or the Carers Centre in case of wet weather)

Fridays 1.30-3pm on 14 Oct, 11 Nov, 16 Dec 2022 and 3 Feb, 10 Mar, 21 Apr 2023

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.

'Self-Help Book' Book-Clubs

Fridays 1.30-3pm at Carers Trust Hillingdon Carers Centre

4 Nov, 9 Dec 2022 and 27 Jan, 3 Mar, 28 Apr 2023

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 reading therapy.

Forest Therapy Walks

Wednesday 12 October and 9 November 1.30pm-3.30pm, Langley Park

Forest Therapy sessions are open to all carers (not exclusive to Mental Health Carers). The practices of Forest Therapy (known as Shinrin-Yoku in Japan) and Forest Bathing are ways of immersing our senses in the atmosphere of the forest for relaxation and positive health and wellness benefits.

Group psychotherapy

Mondays 1-2.30pm at Carers Trust Carers Centre, High St, Uxbridge

Autumn group: 12 weeks starting late September

Winter group: 12 weeks from early 2023

For more information please email Judith Twycross on: judith@hillingdonmind.org.uk



Volunteers needed!

The H4All CIO Volunteer Hub, provides a variety of exciting volunteer opportunities across our five founding partners and many other organisations across the London Borough of Hillingdon.

Volunteering offers opportunity to:
Learn new skills ■ Try something new
Help your local community ■ Enhance your CV
Enjoy helping others ■ Improve your employability
Make a difference ■ Meet new people

Here are just some of the roles that we have available.

- Receptionist
- Care Caller
- Parent Support
- Driver
- Arts & Crafts Assistant
- Retail Assistant
- Scouts Helper
- Family Befriender
- Digital Media
- Music Specialist
- Fundraising
- Treasurer
- Engagement Officer
- Administrator
- Home visitor
- Gardening

Commitment required varies with each role.

The time you give to volunteering is invaluable to the services and people we support.

Visit our website to explore the opportunities available or contact us by emailing volunteerhub@h4all.org.uk or calling 07395 282825.

H4All Volunteer Hub, Key House, 106 High Street, Yiewsley, UB7 7BQ

H4All CIO is a partner in the local Hillingdon Health and Care Partnership (HHCP) which includes the Hillingdon Primary Care Confederation as well as the local NHS foundation trusts providing community care services and acute hospital care.

Please note:

We ask all carers to note that the information in Carers News was correct at the time of going to print, however we ask that you check before you travel as occasionally we have to make last minute changes for reasons beyond our control.