

Celebrating 30 years supporting carers



Pami Singh joined Carers Trust Hillingdon (then Hillingdon Carers) back in 1993 as the organisation was formed. Pami has been giving advice to carers ever since, supporting thousands and thousands of families to secure carer-related benefits. In addition to her skills as a Carers' Advisor, Pami also speaks four community languages and has provided advice and support to many families that do not have English as a first language.

We are delighted that staff enjoy working for the organisation; we also have four staff who have served for over 20 years and another five over 10 years. For you as carers, this means the team has an in-depth understanding of Hillingdon's diverse communities and significant collective experience of the needs of carers. Alongside your voice as carers, this experience is used to ensure that everything we do is designed to meet those needs. Our huge congratulations to Pami and thanks to the staff team for their hard work and commitment over three decades.

"As I reflect on my 30 years, I am reminded of the countless individuals and carers I have had the privilege to work with, and the profound impact they have had on my life. It is their strength, resilience, and courage that have inspired me to continue in this rewarding career."

**Come and visit our stall at the London Borough of Hillingdon
'Day of Older Person Event'**

Uxbridge Pavilions, Tuesday 26th September from 10.00am - 4.00pm

Save the date!

Carers Trust Hillingdon AGM and Carers Forum

Where: Uxbridge Civic Centre, Council Chambers, High Street

When: Wednesday 11th October, 1.00pm - 4.00pm

How: Contact us to register and become a member at:
office@carerstrusthillington.org or call 01895 811206

**LOCAL
SERVICES
CARERS
TRUST**

Advice, Information and carer-related benefits

Our experienced and dedicated Advice team provides a comprehensive information and advice service for carers and offers a full Welfare Benefits check. They are happy to discuss your entitlements and how they can help to claim these. Home visits are available for housebound carers and advice is also available in Hindi, Gujarati, Punjabi and Urdu. If English is not your 1st language, please contact the team via the contact details at the bottom of this page and ask for Pami Singh.

Free Legal Advice clinics



IBB law continues to provide unpaid carers with a free 30-minute legal advice telephone consultation on some legal matters such as Power of Attorney or Inheritance Tax, and can sometimes help with Family Law. Appointments must be made via the Advice team at Carers Trust Hillingdon. Please use the contact details below and ask for Julie Simmonds.

What is an emergency care plan for carers?

A Carers Emergency Plan is a useful document that provides key information about your caring role and the person you support. Should you become unwell yourself, or be unable to care for whatever reason, the plan clearly states exactly what should be done if somebody else needs to take over. The team at Carers Trust Hillingdon can help you to complete this. Make an appointment today.

Out and about

Our website has new information for carers wanting to take the person they care for out for a physical experience or for some time out from the home environment. Whether it be an attraction, cinema or theatre, many places allow carers free access when taking the person they care for.

Find out more at www.carerstrusthillington.org/adult-carer#outandabout

Need a Blue Badge?

Do you struggle to park near enough to shops or other facilities with the person you care for? Do they have limited mobility or health issues that prevent them walking too far? If so, you might be eligible to apply for a Blue Badge. Contact the team to get more information about the application process.

Health and wellbeing

Carer café

Come along and meet other carers for a friendly chat.

Uxbridge	1st Monday of each month, 10.00am - 12.00pm
Northwood	2nd Tuesday of each month, 2.00pm - 3.30pm
Ruislip Manor	3rd Monday of each month, 2.00pm - 3.30pm
Hayes	Last Thursday of each month, 11.00am - 12.30pm



Arts and hobbies for carers

Christmas card and gift tags

Wednesday 22 and 29 November
10.00am -12.30pm, Ruislip

Make your own Christmas cards and tags using lino cut printing and watercolour paints.



**CREATIVITY
CARERS
TRUST**

Christmas wreaths

Tuesday 5 December
10.00am - 12.30pm, Rural Activities Garden centre

Decorate your front door using winter flowers and foliage to celebrate the festive period.

Clay modelling

Friday 23 February, 1 and 8 March 10.00am - 12.30pm, Ruislip

Ever wanted to be creative with clay? Design, make and paint models without needing a wheel or a kiln.

Digital Desk

Carers Centre, Ruislip or Northwood cafes

Do you have an issue with technology, but don't want to attend a course? Visit our Digital Desk and receive 1:1 support using your own mobile phone, tablet or laptop, for example:

- **Phone apps** - Installing and deleting
- **Emails** - Sending and deleting
- **Photos** - Taking and sharing
- **Documents** - Attaching and uploading

Watch this space for the **Beware of Scammers workshop**

We want to hear from you

We run a Wellbeing Programme led by carers, therefore we value your suggestions. Please tell us what interests you, such as:

- **Accessing NHS services**
- **Batch cooking**
- **Managing your money**
- **Crochet for beginners**
- **Managing challenging behaviour**
- **Making silver jewellery**

For all activities call the Wellbeing team on 01895 811206
or email: wellbeing@carerstrusthillingdon.org

Caring Day to Day

LEARNING
CARERS
TRUST

Managing Medication

Monday 6 November – 10.00am - 12.30pm, Uxbridge

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 how to ensure they are taken.

First Aid

Tuesday 10 October 2.00pm - 3.30pm, Northwood

Quick fire session - Learn the basics of first aid to help your family around the home.

Wednesday 10 April 2024 10.30 - 1.00pm, Uxbridge

More in-depth session - basic life support and using a defibrillator, dealing with head injuries and burns plus helping you decide when you need to go to the GP or A&E.

Legal planning – Lasting Power of Attorney and Court of Protection

Wednesday 24 January 2024 10.30—12.30, Uxbridge

Learn why and how to go about making your LPA, what is Court of Protection and when you might need to make an application.



Preparing to care for someone at the end of life

Are you caring for someone who is at or nearing the end of their life? We offer four workshops, delivered by health professionals over Zoom and in person, to help you to understand palliative care and how to care in the home at the end of life. All sessions also offer emotional support and help to understand grief.

Understanding palliative care

Wednesday 22 November 2.00pm - 4.00pm, Zoom

Introducing advance care planning, Do Not Resuscitate (DNR) decisions, hospice care and sources of support in Hillingdon and how to access them.

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

Wednesday 29 November 2.00pm - 4.00pm, Michael Sobell Hospice

Offers the practical skills you will need to care at home, with demonstrations by health professionals.

Dealing with Death

Wednesday 6 December 2.00pm - 4.00pm, Zoom

Looks at actions you take when someone dies, as well as strategies to cope.

Complementary therapies at the end of life

Wednesday 13 December 2.00pm - 4.00pm, Michael Sobell Hospice

Teaches you how to utilise complementary therapies for yourself and your loved one.

Practices of Therapeutic Care – The Art of Simple Self Care

Friday 1 September 10.30am - 1.00pm, Harlington

Monday 16 October 1.30pm - 4.00pm, Ruislip

Monday 18 December 10.00am - 12.30pm, Yiewsley

Monday 11 March 2024 10.00am -12.30pm, Northwood Hills

Learn about self-care including breath work, an insight into essential oils, tapping, meditation and gentle massage techniques to help you relax, sleep better and improve your sense of wellbeing.

Eco Therapy – Forest Therapy Walk

Wednesday 1st November 1.15pm – 3.00pm Ruislip Lido

Immerse your senses in the atmosphere of the wilderness for relaxation and positive health benefits.

Take control of your health - MyHealth interactive workshops

Your health is important. Understand the causes, symptoms and treatments to help you better manage long term conditions and improve your wellbeing.

Understanding Hypertension and Cholesterol

Tuesday 12 September 2.00pm – 3.30pm, Northwood

Understanding Hypertension and Cholesterol

Thursday 30 November 11.00am – 12.30pm, Hayes

Diabetes and prevention - Details TBC

COPD – Details TBC



Exercise and be social

Thursdays, 1:30pm-3.00pm, Uxbridge

Come and work out on Thursday afternoons with time for refreshments and chat afterwards. You can bring the person you care for.

Chair Exercise with Alison (alternate weeks) involves gentle stretching exercises

Yoga with Jodi (alternate weeks) keeps you mobile and your body flexible

When caring ends - supporting bereaved carers

We understand how difficult it can be to lose the person you care for and we want to offer help whether a chat with our Bereavement volunteer or a coffee at The Robins.

This café is on the **second Wednesday of the month** in Uxbridge, specifically for carers who have lost the person they care for.

We also organise afternoons out across the borough.



Mental Health Carer Support programme

We offer practical, emotional, and psychological support to carers in the Borough of Hillingdon who are caring for a family member with a mental health issue. Our aim is to address the particular emotional and psychological impact this type of caring relationship has on carers. The emphasis is on promoting a greater understanding of mental health (carers own and that of those they care for), the importance of self-care, and building carers' resilience, confidence and self-esteem, alongside emotional and practical support through the frequent crises that are often a feature of this type of caring role.



The programme offers a one to one Counselling Service, group Psychotherapy, psycho-education workshops, one to one Family Support and advocacy, zoom peer support coffee and chat Groups and monthly poetry group, book club and forest therapy.

For more information, please see the 'Mind in Hillingdon' website:

www.mindinhillingdon.org.uk

For mental health support visit the website or contact psycarers@hillingtonmind.org.uk

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.

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

Harlington Care



For an assessment or learn more about carers short breaks contact
Kellie: Kbyers@harlingtoncare.org | 020 8759 0453

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.



Dementia Support service

Our Dementia advisors work with people living with dementia and their carers through their dementia journey.

Why not visit one of our Dementia Cafes?

Templeton Café

Fortnightly on Tuesdays, 1.00pm-2.30pm

Fairfield Church, Windsor Close, Northwood,
HA6 1PD

Contact Madhuri: 07740 433472

Hayes Café

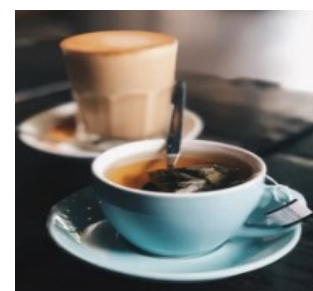
Fortnightly on Fridays,

10.30am-12.30pm Hayes and Harlington

Community Centre, Albert Road, Hayes, UB3 4HR

Contact Julia: 07803 115535

Pop into the Advice Centre and pick up a Dementia activity flyer or contact the team using the details at the bottom of the page.



Dementia support from Hillingdon council

The London Borough of Hillingdon have a dedicated website to Dementia which can be found at <https://www.hillingdon.gov.uk/dementia-pathway>.

The Dementia pathway is divided into six different areas which focus useful information and links to different services run by the council, in conjunction with the Alzheimer's Society.

The different areas are:

- **Prevention**
- **Diagnosing and memory assessment**
- **Help and support**
- **Stay active and social**
- **End of life care and support**
- **Hillingdon Dementia Action Alliance (ADAA)**

For further information please visit the website or contact Sarah Durner at SDurner@Hillingdon.gov.uk.

Day of Dementia

Thursday 12th October, Botwell Library, 10.00am - 3.00pm

Young Carer services



To find out more please email the Young Carers Manager, Sharon:
s.manning@carerstrusthillingdon.org | 01895 811206

Former young carer joins the team

Thanks to a grant from Heathrow Community Trust we are pleased to announce an addition to the team. Alex Johnson joined us in July to complete her supported year in employment after finishing a three-year Social Work degree.

We have known Alex for many years as she came up through the ranks as a young carer. Indeed, it was her experience of our support that led her to approach us in terms of wanting to give something back to the organisation and, indeed, to use both her personal experience and newly-acquired knowledge and skills to help other young people with caring roles.

As Alex says: **“Carers Trust Hillingdon supported and helped me to come out of my comfort zone. They now are helping me to push the limits on my professional abilities as I start my career with them.”**

Alex is spending the summer supporting our young carer summer activities programme and getting to know all our services.

From September, she will be working within our Schools Outreach programme, offering: 1:1 and group support to young carers in a school setting; helping schools to achieve their Young Carers in Schools awards delivered by our national body, Carers Trust, and; growing the Brunel University student mentoring programme. In order to ensure Alex gets the right experience in terms of developing her professional practice, she will get other work experience and receive professional supervision from colleagues in Social Services at the Council, for which we are very grateful.



We ask all readers to note that the information was correct at the time of publication, however, in an uncertain world we ask that you check before you travel or any venue if it is a drop-in service, such as Carer Cafes. For other sessions and workshops, please ensure you book in advance so that the team can give you accurate details of times and venues. Thank you.