

## Our services

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### Fact sheet 4: **Health and wellbeing**

Carers Trust Hillingdon are passionate about finding you the right support to help you manage your health and wellbeing, focusing on your own needs and inspirations. We listen to your interests and what you would like to learn or do. We then develop a programme of activities in venues around the Borough.

This factsheet gives you a flavour of the activities we organise. Some are weekly for a period of time whilst others are one-offs, but they all give you the chance to meet other carers and share experiences. If you would like to attend or find out more, please check our website or call our office for details of what is going on near you. If you are interested in something we do not currently offer, please still give us a call.

#### **STAY SOCIAL – coffee and chat**

We invite you to take a break from your caring and meet other carers in a relaxed social setting. This might be face to face or in the comfort of your own home over the internet or by telephone



- **Carer Cafes** - Come and have a break and a cup of tea, meet other carers in a friendly, relaxed atmosphere. You may bring the person you care for, as long as you are able to support their needs.  
Cafés are weekly but in different parts of the Borough (Uxbridge, Northwood, Ruislip and Hayes). Some invite guest speakers whilst others incorporate relaxation techniques. You can choose which cafes are accessible, and of interest to you.
- **Dementia Cafes** - are specifically for people with dementia and their carers
  - Fortnightly in both Northwood Hills and Hayes
  - Monthly in Yiewsley
  - Borough libraries also offer weekly opportunities for you to meet
- **Carer Support Groups** – we encourage carers with a similar caring situation, shared interest or who have enjoyed a course together to get in touch and meet socially.
- **Zoom Groups** – Do you want to meet and chat to other carers but struggle to get out, why not join us on a Zoom call?

- **Tele-Café** –Would you like to chat with others in a group setting for conversation, support and friendship but struggle to use IT? Stay connected by simply dialling a number on your telephone key pad from the comfort of your own home and join us on a weekly basis.

## ARTS FOR CARERS – express yourself



Come along to improve your knowledge, and find your inner creativity. We offer different workshops throughout the year and are always looking for new ideas. Recent activities include:

- **Painting and drawing** – learn how to use clay, watercolours or simply quick fire draw, or maybe practice calligraphy
- **Gardening** – join a hanging basket or Christmas wreaths workshop. We also offer a Horticulture Therapy course
- **Fun in the kitchen** – decorate your own Christmas cake
- **Take a Trip** –to a stately home or garden

## LEARNING FOR CARERS – improve your skills and learn new ones



Nobody gives you a manual when you start caring and you can't predict how you might feel as time goes on. We offer workshops to improve your skills and learn new ones. Recent courses held include:

- **Looking after your back** - help the person you care for maintain mobility whilst reducing the risk of injury to yourself.
- **Basic First Aid** – learn the basics to help you and your family around the home. Covers basic life support and using a defibrillator, dealing with head injuries and burns.
- **Care skills for Carers** – practical information e.g. understanding medications, having the confidence to deliver personal care, and recognising when the person you care for might not be well
- **Computer courses** – regular courses for all abilities. Learn how to use email, book a doctor's appointment, shop online or update your Microsoft skills.
- **Health MOT Days** - Come along and chat with various organisations to gain information and advice on ways to support you and your loved ones.

We also run discussion workshops to help you cope with your caring:

- **Managing Me** is a five week course and helps you manage day-to day stresses, sleep patterns, worries and moods as well as increase your motivation and confidence.
- **Managing behaviour that challenges** - explore what is challenging behaviour, how to identify it and develop positive support strategies.

- **Understanding depression** - how it is diagnosed, how it affects us differently and ways of managing depression whether in ourselves or the person we care for

### For Dementia carers:

**Caring with Confidence** is a six week course, in partnership with Harlington Hospice, for the carers of people with dementia.

The carer has the opportunity to be with other carers, share their experiences and gain practical advice and emotional support. The person they care for can attend Harlington Hospice's Day Centre where they can take part in activities and have one-to-one support from staff and volunteers.



### KEEP ACTIVE – stay fit

We organise a variety of exercise activities, whether a regular class or a one-off, there is something for everyone

- Fortnightly drop in exercise classes in Uxbridge are fun, friendly and a great way of combatting aches, pains and tiredness.
  - **Chair exercise** – gentle sitting exercise with Alison
  - **Yoga** - keep yourself mobile and flexible with Jodi
- **Don't Tone Alone** - One to one support to help maintain your health and wellbeing, this discussion will take place with a Personal Trainer which can lead on to personal training sessions at a location of your choice. This service can enhance your physical and emotional wellbeing.

Recent one-off activities include:

- **Golf Day** – Carers enjoyed an introductory golf session at Stockley Golf Course. This included time in the teaching studio, driving range and putting green, followed by lunch at the onsite Thai restaurant.
- **Dance and Exercise** - five week course teaching basics of dance moves to gain confidence and get us moving. Course offered in venues and online.
- **Hillingdon Walks** – organised by London Borough of Hillingdon, beautiful walks around our local areas with other carers. Ideal for carers who want to go for a walk but don't want to go alone

### TIME FOR YOU - look after yourself

Carers tell us that the impact of caring is not just physical. Let us help you feel stronger and better equipped to manage your caring situation.

Recent activities include:

- **Comfort Touch** – in a small group setting, we offer friendship and conversation. Volunteers join us who are trained to offer a listening ear whilst offering comfort and compassion. They also offer a soothing light shoulder, forearm and hand massage.



- **Pamper days** – experience a relaxing pampering session in a real salon environment with students at Uxbridge College. You will receive a beauty treatment and freshly prepared meal as well as the chance to socialise with other carers.
- **Nail Cutting** - are you struggling to cut your own nails? We can provide a basic nail cutting service for carers registered with Carers Trust Hillingdon.

In partnership with Harlington Hospice, we can provide:

- **Wellbeing workshops** - small groups experience simple to learn techniques eg Tai Chi, meditation, mindfulness and gentle exercise, to help manage stress, enhance sleep and maintain a better sense of wellbeing in your daily life.
- **Using essential oils** - manage stress and anxiety, learning ways to safely use them at home to enhance wellbeing. Also learn to give a simple hand massage
- **Complementary Therapies** such as reiki, reflexology and massage are relaxing to receive and can help reduce anxiety, aiding relaxation, easing aches and pains and improving sleep.

In partnership with Hillingdon Mind we can offer:

- **Counselling Service** helping you to cope better with day to day difficulties and to overcome longer term problems for a better sense of wellbeing

**For more information about our services please contact us on:**

**Telephone:** 01895 811206

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**Website:** [www.carerstrusthillingdon.org](http://www.carerstrusthillingdon.org)