



So great to see you!

One of our first face-to-face events for close to 18 months, carers enjoyed a walk, coffee and chat at Ruislip Lido recently. We are working hard to get back to business as usual as far as possible and we are delighted that we have been able to reinstate many face-to-face activities to give you all a bit of a break - check each section for details of how activities will be provided and please remember, we can probably help if you are still not online.



Carer representatives needed



Have you sometimes wondered how decisions about carers' services are made?

Would you like to use your experience of caring to influence priorities?

The Hillingdon Carers Strategy group is convened by the Council and has representatives from across council departments, Childrens' Services, the GP Confederation, Hillingdon Clinical Commissioning group, Healthwatch and other Hillingdon charities.

The group meets four times per year to oversee how the multi-agency Carers' Strategy is being delivered and ensures that supporting carers is an integral part of the way services work. We are looking for carers to bring the broader carer perspective to the discussions.

For an informal chat about the role or an application pack, please call our Chief Executive, **Sally Chandler** on: **01895 811206**

Save the date!

7 October 2021 - Carers Trust Hillingdon's AGM and Carers' Forum

Free PPE for carers

As the government is continuing the offer of free Personal Protective Equipment (PPE) for unpaid carers and we now have a regular supply from the Council.

Please contact Carers Trust Hillingdon on **01895 811206** if you require aprons, masks, gloves or face shields.

We can also provide you with guidance on when PPE should be used.

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 25 August 10am-12.30pm

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 1 September – 10am-12.30pm

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 8 September – 10am-12.30pm

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



Please contact **Lynne** on: **01895 811206** to reserve your place



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

We are also partnering with Bereavement Care who can offer you the support of a Bereavement Visitor or invite you to a Bereavement Support Group in the borough.



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 even 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.

IBB Law

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



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

Learn more from their video: www.youtube.com/watch?v=0aYD2ZuZ29s

Fact sheets and information

We have now reviewed and re-published 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. We can post these to you, you can visit our Advice Centre on the High Street in Uxbridge (opposite Tesco) or you can download the factsheets from our website.

www.carerstrusthillingdon.org/fact-sheets/



We also carry a great range of information from other organisations that might help you with your caring role

Summer dessert - make and decorate a chocolate fudge cake
12-13 August, 10:30am-12:30pm - over Zoom

Join others over Zoom to make a lovely chocolate sponge one day and ganache icing the following day. You will also learn to pipe flowers with the icing!
Why not bake and take to a family get-together?

Clay Modelling

13, 20 and 27 September, 10am-1pm - Fassnidge Hall Uxbridge

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. A very therapeutic pastime, please join us!

Autumn Wreath making

Wednesday 27 October, 10:30am-12:30pm - Rural Activities Garden Centre

Create an autumn wreath using willow or birch and natural autumn foliage



Looking after your back

9 August, 10am-12:30pm - Fassnidge Hall, Uxbridge

Learn techniques to help the person you care for maintain mobility whilst reducing the risk of injury to yourself.

First Aid

Autumn 10:30am-12:30pm - Fassnidge Hall, Uxbridge

Learn the basics to help you and your family around the home. This session will cover basic life support and using a defibrillator, and dealing with head injuries and burns.

Get to know your computer better
4 weeks in Autumn - Uxbridge

Suitable for beginners or those who lack confidence - set up an email account, password protect it and learn how to send, store, unsubscribe and delete emails. We will also help with creating Word documents



Coffee & Chat - Carers Cafes

Good news!! Our popular Cafes are back and we are looking forward to seeing you again as soon as we can! To manage these safely you will need to reserve a place rather than just dropping in, please let us know if you plan to attend.

Uxbridge - Fassnidge Memorial Hall **1st Mon every month, 10am-12 noon**
Northwood - Emmanuel Church **2nd Tues every month, 2pm-3:30pm**
Ruislip - Ruislip Methodist Church **3rd Mon every month, 2pm-3:30pm**
Hayes & Harlington is currently undergoing essential works



We want to reassure you that the team has been re-risk assessing all our venues and are working hard to make sure your return is safe, as well as compliant with current guidelines. If you have any concerns please call our Health and Safety Officers, Pami or Paula on **01895 811206**

Health and Wellbeing

If you would like to express your interest for any of our activities whether those over Zoom or in community venues, please call **Lynne or Nadia** on **01895 811206** or **wellbeing@carerstrusthillingdon.org**

**LOOK
AFTER
YOURSELF
WITH
CARERS
TRUST**

Therapeutic care for Carers

From our partner, Harlington Hospice

Register your interest to join in with a selection of wellbeing activities over Zoom. These are live sessions which last for 1 hour and can help with coping with what the day throws at you, as well as meditation practice for a relaxing sleep.

Resilience - Tuesday 20 July, 1-2pm

How is your day going? Do you need to re-inforce or reset? Including Emotional Freedom Technique (Tapping)

Sleep - Wednesday 25 August, 7-8pm

Guided meditation to release the cares of the day and relax ready for bed

New Beginnings - Wednesday 22 September, 10am-12 noon

This course will be face to face using the beautiful gardens of Harlington Hospice.



**IN THE
PINK
WITH
CARERS
TRUST**

Coming out of Lockdown with Don't Tone Alone

Wednesday 29 Sept, 10:30am - 12:30pm
Key House, Yiewsley or over Zoom



A whistle stop tour of healthy nutrition followed by 40 minutes of movement. We will explore ways to support the immune system through healthy nutrition and gentle exercises. Refreshments will be available along with an opportunity to socialise with others. Sessions will also be streamed on Zoom for carers that would like to participate at home

Exercise classes

We offer these fun, energetic exercises on a weekly basis which both you the carer and the person you care for can get involved in from the comfort of your home if you have Zoom

Chair-based exercise - Tuesday's via Zoom from 1pm - 2pm with Alison
Yoga - Thursday's via Zoom from 10:30 - 11:30am with Jodi



Please contact Madhuri if you are interested:
email: m.kotecha@carerstrusthillingdon.org or phone: **077040 433472**

Carefree – Short breaks for Carers



Carefree offers short breaks to full-time unpaid carers over the age of 21.

Speak with **Nadia** to register or register yourself via our website

www.carefreespace.org and be kept updated as and when breaks become available.

Breaks generally book up quickly once live, so bear with us as restrictions lift and new hospitality partners re-engage with the service.

We look forward to welcoming you to the Carefree community!

Hillingdon Carers Partnership

Working together for unpaid carers



Mental Health Carer Support Programme Summer Workshops 2021



Poetry – an emotional first aid box (1) Monday 19 July, 1.30-3pm - Mind allotment

A meet-up for those who use or would like to use poetry to support their sense of wellbeing and mental health. Open for those who read, quote, write poetry, tack it on post-it notes to their fridge - or are just curious to know how poetry could improve their lives. Meeting up on our Mind Allotment space will provide an authentic poetry and potting shed experience and is an opportunity to meet up, and exchange thoughts and ideas, in person, with other carers.

Resilience workshop Monday 26 July, 1pm-2.30pm - via Zoom

Periods of stress inevitably leave us feeling exhausted and drained of energy. As we move out of lockdown and take stock of a year and a half of living and caring during a pandemic, what can we do to renew our energy levels? This is a discussion based workshop focusing on how to build and boost our personal resilience.

Poetry – an emotional first aid box (2) Monday 16 August, 1.30-3pm - Mind allotment

A meet-up for those who use or would like to use poetry to support their sense of wellbeing and mental health - for anyone with an interest in poetry. Meeting up on our Mind Allotment space will provide an authentic poetry and potting sheds experience and is an opportunity to meet up, and exchange thoughts and ideas, in person, with other carers.

Please note: you do not have to have attended the first workshop to sign up to this one

Forest therapy Wednesday 29 September, 1.30pm-3pm - local parkland

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 and wellness benefits. As we strengthen our connection with the natural world, our sense of beauty, wonder, awe and curiosity is restored and our brains and nervous systems are calmed. Stress levels are lowered and the immune system is boosted. This introduction walk requires you to have moderate mobility and although the walk and talk last 1 ½ hours it covers a distance of less than 2 kilometers.



To book onto any of the above sessions please email
Judith Twycross on: judith@hillingdonmind.org.uk

Places will be confirmed on a first come first served basis



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. Their experienced Dementia Support staff provide information, guidance and practical support to help you to understand dementia and how it progresses, how to cope day-to-day with the challenges of the disease. They provide ongoing emotional support, Dementia Cafes and activities and they can signpost you to other services.

Why not try **Singing for the Brain every Tuesday from 2pm on Zoom**
- a fun activity for you and your loved one.

To get involved please email Madhuri.kotecha@alzheimers.org.uk or call: **07740 433472**

Therapeutic Care Service

Our Therapeutic Care service is a particular favourite with carers and offers a great programme of activities that can help you to unwind, have some 'you' time and also to learn some strategies for managing life's stresses and strains. We offer:

Wellbeing workshops - small groups experience simple-to-learn techniques like 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 - to help manage anxiety and stress and learn ways to use oils at home. You also learn how to do simple hand massages, great for use with the person you care for

**At present these activities are on hold due to government guidelines
but will be reinstated very soon**

Please register your interest for the future opportunities at
wellbeing@carerstrusthillingdon.org

Carers Short Breaks Service

giving carers a break from their caring responsibilities

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**

And in other news...



Laughter Yoga Wednesday mornings, 11am on Zoom



Activities4You in Northwood are inviting carers to join them for Laughter Yoga sessions. These last for 20 minutes combining breath-work, stretches and laughter followed by relaxation. Sessions are seated and no yoga experience is necessary.

Creative Writing 1st and 3rd Tuesdays on Zoom

Activities4You are offering carers sessions to provide the support and incentive to get creativity flowing enabling everyone to share in the enjoyment of writing.



For more information email: communityenhancer@gmail.com
or call Laura, Church administrator on **07483 410136**



Dementia support from Hillingdon Council

Uxbridge, Botwell, Ruislip Manor and Oak Farm libraries are due to open early July and we are pleased to announce that the Dementia group sessions will be reinstated, although carefully managed to ensure Covid compliance. Therefore you will **need to book** before you attend.

Meetings will take place as follows:

- ◆ The young onset dementia group will meet at Botwell library every Thurs 4-5pm.
- ◆ Ruislip Manor Library Dementia Group opens 30 June (2:30 - 3:30pm)
- ◆ Botwell library Dementia Group opens 1July (11am - 12pm)
- ◆ Botwell library Early Onset Dementia Group opens 1July (4pm - 5pm)
- ◆ Uxbridge Library Dementia Group opening– opens 6 July (10 -11am)
- ◆ Oak Farm library Dementia Group opens 8July (2 - 3pm)
- ◆ Outdoor Tuesday sessions at Uxbridge Sports Club (Cricket Club) at 10am and 11:30am will carry on until the 20 July

For more information about all the Cafes or to book your place please contact **Sarah Durner** on: **01895 277137** or email: sdurner@hillingdon.gov.uk

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!