

# A Life of my Own

## carers week edition

Dear Carers,

With the elections now over it will be interesting to see what the new administration brings for carers. We are working with other carers centres and national bodies such as Carers UK and Princess Royal Trust for Carers and Crossroads Car to lobby for better support for carers. The government has invested in carers' breaks and other support for carers. But this falls far short of the action needed now if it is to make good on its promise that by 2018 carers will have a life of their own and not be forced into financial hardship.

Tell the next government it's time to support carers by signing the letter to the next Prime Minister. Carers UK haverafted a template letter which we have reproduced below which you can sign and send or sign up on the Carers UK web site.

Dear Prime Minister,

Unpaid carers save the country a fortune yet many struggle without support.

I want your new government to deliver a better deal for carers. I want carers to get a decent income and practical support when they need it.

Yours sincerely,

Carers Week is approaching and we have an exciting range of activities planned with Harrow Carers and in collaboration with other groups in Harrow. We look forward to seeing you and celebrating the vital role that carers have in our community. This year Carers Week is from 14<sup>th</sup> to 20<sup>th</sup> June and the theme is "A Life of My Own".

In the last newsletter we told you about our plans to move to a new building. These plans are progressing well and we are starting our capital appeal to help pay for the building and the much needed facilities that will be provided for carers. Please support our campaign in whatever way you can. By working together and sharing your ideas, energy and contacts, we can help to make carers lives a little easier.

In March, a group of our Young Carers visited the House of Commons and met with Baroness Delyth Morgan, the Minister for Children (see page 5). We are very proud of the Young Carers and they gave a great account of themselves when meeting with the Minister, telling her what it's like to be a Young Carer and handing over a copy of the DVD that some of them produced and starred in last year.

Harrow Carers Mental Health project.

As some of you will know, we have had to postpone and reschedule some of the activities on our mental health project. The Drop-in sessions are still taking place on alternate Fridays at Harrow Baptist Church 1.30 - 3.30pm from June 4th. There will not be a Drop-in on June 18th owing to Carers Week events and we encourage those carers who normally attend the Drop-ins to go to the Civic Centre event. The workshops, information sessions and small group training sessions have been put on hold until we establish a new schedule for them. We will be publishing and sending out a new leaflet to anyone who is registered as attending the previous sessions or expressed interest with the rescheduled dates as soon as we can. Thanks to those carers who have offered to help with the Drop-in sessions.

The Mental Health Positive Psychology project has been a great success and we are very proud of the benefits that some carers have said they experienced from this work. Harrow Carers has had presentations accepted for our project by a number of conferences including the British Psychological Society Annual Conference in April and the 5<sup>th</sup> European Conference on Positive Psychology in Copenhagen, recognising the pioneering work we have been doing in Harrow.

Mike Coker

CEO



LOTTERY FUNDED

**Carers Country Retreat  
Niland Centre  
Rosary Priory  
93 Elstree Road  
Bushy Heath  
WD23 4EE**

**Tuesday 15th June  
11.00am – 2.30pm**



For the last two years we have spent a beautiful and relaxing day at our Carers Country Retreat. It has been a very successful day, the setting and the weather were beautiful and everyone had a lovely time. We are returning again this year and hope that you will be able to come and meet old friends and make new friends.

We plan to organise various activities including:

- ❖ Poetry readings
- ❖ Art Exhibition
- ❖ Dancing
- ❖ Yoga
- ❖ Tombola

You don't have to join in with anything, just enjoy the peaceful surroundings

Fabulous food and drink will be served all day

If you can't make your own way there, we will provide transport

Please book in with Harrow Carers on **020 8868 5224** to let us know if you are coming and if you need transport

**Healthy Eating on a Budget  
at**

**The Healthy Living Centre  
Wealdstone**

**Wednesday 16th June, 12 noon**



There will be a talk and a demonstration of vegetarian healthy food on a budget.

Come and join us and pick up tips for cooking healthily on a budget.

Afterwards you can enjoy the food at the adjoining Red Brick Cafe which will be offering a discount for carers.

Please let us know if you would like to attend the demonstration

by phoning **Harrow Carers on 020 8868 5224**

**harrow  
carers**

supporting  
family & friends



Harrow Carers  
25-27 Pinner Green  
Pinner  
HA5 2AF

Tel 020 8868 5224

## Carers Roadshow

14th - 18th June 2010

# National Carers Week

**'A LIFE OF MY OWN'....in Harrow.**

**Monday 14th June** 10am – 2pm  
**LAUNCH** of Carers' Week,  
Outside St .George's Centre, Harrow.

**Tuesday 15th June** 10am - Noon  
Kenmore Neighbourhood Resource Centre,  
Kenmore Road, Kenton.  
**(Drop-in for chat, information & refreshments.)**

**Wednesday 16th June** Noon – 3pm  
The Red Brick Café, Wealdstone Healthy  
Living Centre **(Talk & demonstration,**  
**'Healthy Eating'. 10% discount on lunch**  
**for carers.)**

**Thursday 17th June** 1pm – 3pm  
Byron Neighbourhood Resource Centre,  
Wealdstone-next to Leisure Centre.  
**(Drop-in for chat, information & refreshments.)**

**Friday 18th June** 1pm – 4pm  
Members Lounge, Civic Centre.  
**Afternoon Tea, live music, Q&A,**  
**Carers presentation-'A life of my own',**  
**network with carers and opportunity to**  
**meet with professionals who decide on**  
**services for carers in Harrow.**

**Contact** Allie Brice  
[allison.brice@harrow.gov.uk](mailto:allison.brice@harrow.gov.uk)  
0208 424 1726



## CARERS WEEK HOLIDAY!!!

**Would you like to enter a draw for a week's holiday break? Here is your chance to win.**

The break is provided at Naish Holiday Village, New Milton, Hampshire from the 5th - 12th June or 12th - 19th June, sponsored by **The Rotary Club of Northwick Park**

The self catering accommodation consists of 4 bedrooms, one with a double bed, one with two single beds, one with a single bed and the last with a single bed and a cot. There is a lounge/ dining room, a kitchen and a bath-room.

**Ring 020 8868 5224 to give your details.**

**Closing date is: 27th May 2010**

## Outings for Carers

**London Zoo**  
**Wednesday**  
**16th June 2009**



The coach will depart from Harrow Carers at 9.00am and return at about 4.00pm

We have again arranged an outing with the support of **"Goldman Sachs Community Teamworks"** for carers in Carers Week. These will be on a first come, first served basis with a maximum of twenty two spaces available. If you'd like to go you will need to phone as soon as possible to book your place. Tel: 020 8868 5224

As in previous years some carers have booked and not turned up, so we are asking for a refundable deposit of £10 per person. Cheques for £10 made out to Harrow Carers This needs to be sent to us within seven days of booking your place/s.  
Harrow Carers, 25-27 Pinner Green, Pinner, HA5 2AF

**(Please note that deposits will only be refunded to people who turn up on the day.)**

## **Delicious hot meals delivered to your door**



Do you sometimes find food shopping and cooking a meal a real chore?

Or when you are not feeling well yourself, but still have to prepare a meal for your cared for?

First Choice Catering is a local company which offers ready cooked meals delivered to your door. They use fresh ingredients to provide a wide range of healthy and attractive meals. They will also cater for individual dietary needs.

The total cost for a 2 course meal is £7 which includes delivery

For more information please contact 01923 712 224 or visit the website [www.firstchoicecatering.co.uk](http://www.firstchoicecatering.co.uk)

## **BOOKS TO YOUR DOOR**

If you are not able to get to your local library because of illness or disability, the Harrow Housebound Library Service can visit you at home.

Please phone: **020 8424 1058** or email: [housebound.library@harrow.gov.uk](mailto:housebound.library@harrow.gov.uk) for further details.

If you know of anyone else who might need this service, please let us know.

We can bring you:

**Books in ordinary and large print**

**Talking books on cassette and CD**

**Foreign language books**

**Music cassettes and CDs**

**Videos & DVDs**

**Jigsaw puzzles**

## **The Adults and Children's Complaints Service**

In any large organisation things can sometimes go wrong.

We want to hear about any complaints and concerns you have so that we can try to put things right and stop the same things happening again.

**Making a Complaint**

Carers can make a complaint on behalf of someone else although we do, if possible, need to get consent.

We can be contacted at:

Adults and Children's Complaint Service

**PO Box 7, Civic Centre**

**Harrow HA1 2UL**

Freephone: **0800 136 104**

Email: [complaints.adultsandchildrens@harrow.gov.uk](mailto:complaints.adultsandchildrens@harrow.gov.uk)

Minicom: 020 8424 1503 (for people with hearing difficulties)

Or visit [www.harrow.gov.uk](http://www.harrow.gov.uk) and complete a form on line.

**What do we do?** The Complaints Service makes sure that your complaint is looked into properly and fairly. We will try to sort out any problems with the team who look after your care.

**If you make a complaint we will not treat you any differently because you complained.**

**We will:**

- ✓ listen to you and take you seriously
- ✓ try to put things right for you if something has gone wrong.

We aim to learn from our mistakes to improve our services.



**Citizens Advice**  
the charity for your community

## **News from the CAB**

Harrow Citizens Advice Bureau is pleased to announce that a new CAB information kiosk has been installed in the Red Brick Café, Healthy Living Centre, Wealdstone High Street. Anyone can use it free of charge to access information on subjects like individual rights, money problems and benefits. It's really easy to use and also has links to useful local organisations who can give help and support.

### What is the Harrow LINK?

Harrow Local Involvement Network, LINK, is an exciting and vibrant network that specifically aims to improve health and social care services for the people of Harrow through providing opportunities for local people to have their say about how health and social care services are delivered and met. The LINK gives people in Harrow a stronger voice when it comes to the planning, design or redesign, commissioning, and provision of health and social care services.

The LINK consists of an Executive Committee (EC), which acts as a governing body and directs the activities of the LINK and the Host Organisation.

### The activities of the LINK:

Based on community feedback, the LINK is currently working on the following issues:

- ❖ Management of Chronic & Long-Term Conditions, including Mental Health and Disabilities
- ❖ Children & Young People – Provision and access to appropriate health services.
- ❖ Ensuring appropriate & an effective Health & Social Care service commissioning and delivery.

### Youth Engagement:

In an effort to engage with youths, Harrow LINK developed a questionnaire and organised its distribution at various schools, colleges and involved several local communities as well as with the Harrow Council Youth Service. The LINK received in excess of 800 responses which will assist the health and social care service providers a valuable tool to refer to in order to implement change where required.

### Harrow LINK Impact Evaluation Study:

Harrow LINK is conducting an impact study of the LINK with respect to its method and effectiveness of communicating with the local people and partners at statutory level. The result will assist the Committee to decide how to become more effective.

### Contact Us:

Harrow LINK welcomes your views on health and social care services. Please contact us at 020 8863 3355 or email [info@harrowlink.org.uk](mailto:info@harrowlink.org.uk)

## Attention All Older Carers!!!

Do you want advice on welfare benefits?  
Are you having difficulties getting support from social services?

Would you like to meet other carers in an informal and friendly environment through Coffee Mornings and Outings?

Would you like information about community transport services such as Blue badge, Dial-a-ride and Taxi-cards schemes?

Would you like to get a break from caring through organisations such as Crossroads and Day centres?

Do you want information and advice?  
Would you appreciate someone liaising with external agencies on your behalf?

If the answer to any of these Questions is **YES** Call **Esha Shah** or **Anne Hession** at the Older Carers Team to see how we can help you!!! We are **always** pleased to hear from our carers and will offer help in any way we can

**0208 868 5224**

### Harrow Carers Arts Group/Club

The arts group has been providing much needed respite and friendship for carers and their families. Harrow Carers has recently secured funding from Harrow Council voluntary and community grants programme and is looking to increase the number of carers benefiting from this activity.

The group meets every Friday, 11 am-1pm at the Turner Room, Harrow Arts Centre, Hatch End.

If you would like to join the arts group, please contact **Derek** on **020 8954 2184**.

# Fundraising Update!

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Thank you to Waitrose South Harrow and Wealdstone branches for choosing Harrow Carers as their beneficiary for their 'Community Matters Green Token Scheme'. We appreciate your support!

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## Legacies

Have you considered leaving a legacy to Harrow Carers so that other Carers may benefit from your long-term gift? We can put you in contact with a solicitors firm who can advise you and guide you through the process of adding your chosen legacy to your will.

If you are interested in leaving a legacy, call Kevina for further information on how to do this on 020 8868 5224.

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## Capital Appeal Campaign

As you will now be aware, our plans to move our offices to a new building with more room for carers to use for meetings, training, social events and other activities are well underway. This is a major project with high financial commitment and planning.

We are fundraising and looking for support within the community in Harrow. If you are interested in helping us with this project or would like to make a donation, we welcome your support.

We will be organising fundraising activities in the community to help us develop this new facility for carers. Please let us know if you would like to volunteer at an event or hold your own fundraising activity and we will provide you with support every step of the way.

Please look out for our **fundraising barometer** which will enable us to follow the progress of our appeal and clearly see how much we are raising towards this exciting project.

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## Some other fun ways to fundraise:

- ✓ Invite friends over to a dinner or tea party and collect donations at the end.
- ✓ Jumble sale/bring & buy sale /cake sale.
- ✓ Bridge tournament.
- ✓ Knitting fair.
- ✓ Chocolate and Coffee morning with your friends.
- ✓ Car boot sale.
- ✓ Face painting.
- ✓ Drawing competition.
- ✓ Knobbly knees competition.
- ✓ Bad hair day.
- ✓ Sponsored Silence.
- ✓ Sponsored run/walk/swim/knit
- ✓ Organise a concert and have a collection at the end.
- ✓ Propose Harrow Carers as 'Charity of the Year' at your work place and raise funds for the centre with your colleagues.
- ✓ Become a Corporate Sponsor.



## Harrow Young Carers invited to the House of Commons to meet the Minister for Children.

On Tuesday 9th March 2010, three young carers were invited to meet the Minister for Children, Baroness Delyth Morgan at the House of Commons. The invitation coincided with the announcement by the Children's Minister of a £1million fund provided by The Department for Children, Schools and Families (DCSF). The fund, launched by Children's Minister, Delyth Morgan on 26th November last year, will help more voluntary sector young carers projects adapt the support they offer to better focus on lifting young carers out of

inappropriate caring roles and provide sustainable solutions to their difficulties.

Harrow Carers is one of twenty successful young people's projects and one of two Carers Centres in London which successfully received the £45,000 each to deliver services to young carers aged under 18 and relevant family members. At least one project per English region has been awarded the funding and it is estimated that over 1450 young carers and their families will benefit from the funded interventions across England.

The day started very early with the three young carers and two members of staff travelling to London for a 10.45am arrival at the House of Commons. The rigorous security checks lasted over half an hour and finally meeting the Minister at 11.30am. The team was given a tour round the House of Commons by the Minister and then convened at her chambers for a very enlightening Q&A session in which young carers got the chance to ask the minister questions and express their own experiences as young carers.

Young Carers were then treated to a surprise London Eye experience and a scrumptious lunch at the Giraffe Restaurant, Southbank Centre.

Harrow Carers will use the grant to develop an Inter-agency intervention and mentoring scheme, working with local schools, Harrow Adult and Children services and Connections to identify isolated and vulnerable young carers, mentor and train them on life skills and emotional skills to enable them to cope better in their caring roles.

## Carers Credits (changes from April 2010)

For the first time, it will be possible for an unpaid carer looking after a loved one to build up a full basic State Pension based entirely on National Insurance credits.

April 2010 will see the introduction of the new Carer's Credit that will count towards their basic and second State Pension. People may not recognise the help they give, unpaid, to a disabled, ill or frail family member as 'caring' but they are being encouraged to come forward if they are looking after someone for at least 20 hours a week, as they could benefit from the new Credit.

We know saving for your retirement years won't be your priority when you suddenly find yourself caring for a loved one. But there are simple steps you can take to secure your State Pension that will protect your long-term future as you care for others.

Home Responsibilities Protection (HRP) will be replaced by weekly credits for parents and carers. Carers caring for a total of 20 hours per week or more will be able to apply for Carer's Credit to protect their State Pension – both the basic and State Second Pension. This will help in situations where carers currently struggle to get their State Pensions protected,

### You could benefit if you are in one of these situations:

- ❖ You care for 20 hours or more a week but miss out on Carer's Allowance because you don't care for 35 hours or more
- ❖ You care for someone who can't or refuses to claim disability benefits
- ❖ Where there is more than one of you caring for a disabled or ill person and someone else is getting the Carer's Allowance for that person
- ❖ You look after several people but cannot claim Carer's Allowance because you do not care for any one of them for 35 hours.
- ❖ You are still providing a lot of care for someone who has gone into hospital or a care home, but cannot get Carer's Allowance because they don't get disability benefits because they have been in hospital or a care home.

To claim it you need to be caring for one or more disabled person for a total of 20 hours or more a week where they get Attendance Allowance, Constant Attendance Allowance or the middle or highest rate of Disability Living Allowance care component; or, if there is no qualifying benefit, you must have a signed certificate from a health or social care professional to confirm that an appropriate level of care being provided is required.

If you think this might be you, you can contact the Carer's Allowance Unit on 0845 608 4321 or Textphone on 0845 604 5312

## RAISE MONEY FOR HARROW CARERS BY MAKING A WILL OR LASTING POWER OF ATTORNEY !

Many people put off making a Will or a Lasting Power of Attorney, fully intending to do it but actually never getting around to it.

Making a Will is vital to ensure that after you die your wishes are carried out. Also very importantly, a Lasting Power of Attorney is essential to ensure that you and your affairs are properly looked after by someone you trust if you become unwell during your life and cannot manage yourself.

Making a Will or Power of Attorney can give you peace of mind. The only certain way to ensure that your spouse, partner or relative etc. inherits what you intend is by making a Will. If you die without having made a Will, this may lead to your estate being seized by the government. It could also lead to your spouse having to share your estate with relatives (eg. brothers and sisters, nieces and nephews) whom you may never have intended to benefit.

Preparing a Will is also an opportunity for you to leave a donation to your favourite charity which may not have been possible during your lifetime. Gifts in Wills are an extremely important part of Harrow Carers annual income which allow us to continue to provide the support and advice that we do for Carers in Harrow.

E M Collins & Co Solicitors based in Pinner, have kindly agreed to join with Harrow Carers to help provide specialist advice about Wills and Powers of Attorney to our Members and their family and friends. They have agreed to help raise money for Harrow Carers by donating ten percent of their fees to Harrow Carers.

Harrow Carers has compared different solicitors' fees and E M Collins & Co Solicitors were picked for providing the best value for money.

Harrow Carers will receive a donation for every instruction made to E M Collins. Further details about fees are available upon request.

If you would like to Speak to E M Collins about your Will or a Lasting Power of Attorney their contact details are as follows;

**E M Collins & Co;**  
**Pinn House, 2 High Street, Pinner,**  
**Middlesex, HA5 5PW**  
**Telephone 020 8866 1820**

You can also contact Kevina at Harrow Carers on 0208 868 5224.

## Complementary Therapies

For several years we have been running our Complementary Therapy scheme whereby carers could get reimbursement of up to £60 per year on the costs of their Complementary Therapy treatments. We realise how beneficial these treatments are for carers, but unfortunately as we do not receive specific funding for this scheme, we have had to make certain changes. For this financial year, 1st April 2010 to 31st March 2011 we will be offering a reimbursement of up to £40 per year, per household.

The therapies that are allowed under this scheme include

***Acupuncture, Chiropractic, Herbal Medicine, Homeopathy, Osteopathy, Alexander Technique, Aromatherapy, Bach and other flower remedies, Body work therapies including massage and facial massage, Counselling stress therapy, Hypnotherapy, Meditation, Reflexology, Shiatsu, Spiritual Healing, Maharishi Ayurvedic Medicine and Nutritional medicine.***

The contribution will be towards therapist's costs and **not the purchase of products**. All claims must be made by the carer themselves in writing, must be accompanied by original receipts and must be received within 3 months of the therapy taking place.

Carers can choose their own practitioner or therapist but they must satisfy themselves as to the professionalism and competence of the service offered. They should always check that the therapist has a relevant qualification and that they have current insurance by asking for their certificates. Therapists should be happy to show these and should do so without being asked if you are a new customer. Harrow Carers does not accept any responsibility for any negative consequences in the use of therapists or their therapies and or of the therapies in terms of effectiveness or safety.

## Become a member of Harrow Carers



In September 2006 we launched our Membership of Harrow Carers. Many of our carers became members and enjoyed benefits such as

- A vote at the AGM
- Receiving Annual Reports
- Selecting the Management Committee
- Standing for the Management Committee
- Invited to special Events

25-27 Pinner Green  
Pinner Middlesex  
HA5 2AF

The cost of membership is only £5, and subscriptions are now due for the period up to April 2011.

To renew your membership or become a new Member for 2010/11 at a cost of £5 please return this Form.

I wish to apply for Membership/or renew my Membership of Harrow Carers for the year 2010/11.

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone No \_\_\_\_\_ Mobile No \_\_\_\_\_

Signature \_\_\_\_\_

### You do not have to become a member to receive services from Harrow Carers

Membership Payment Fee    £5.00  
I wish to make a donation of    £ \_\_\_\_\_  
**Total of Monies sent**        £ \_\_\_\_\_

Please make cheques payable to **Harrow Carers**  
Registered Charity No. 1062149. Company Limited by Guarantee No 3325055

Gift Aid helps you give more at no cost to you

“Please treat all donations I’ve made to Carers Support Harrow since 6th April 2000 and all donations I make in the future until I notify you otherwise as Gift Aid” The Inland Revenue Gift Aid scheme allows us to reclaim an extra 20p tax for every £1 you donate, if you confirm that:

“I have paid UK Income Tax and/or Capital Gains Tax at least equal to the tax that the charity will reclaim on this donation.” Please sign below if this is true.

Signed: ----- Print your name: -----