Hillingdon Carers
Excellence in support for unpaid carers

Hillingdon Young Carers
Improving futures

carerstrust
a Network Partner

Carers News

Autumn/Winter 2019

Please join us for the

The Big Listen two & AGM

Thursday 10 October 2019, 10am-1.30pm

Middlesex Suite, Civic Centre, Uxbridge

We urge you to join us to share your experiences of caring in Hillingdon. We want to hear about what matters to you as a carer, what your priorities are and what support is most helpful to you in your caring role.

As well as a free light lunch, participants can also enjoy a fun look back to the 1970s with Mick Geraghty from Silver Fox Memories Group.

Please let us know you are coming for catering purposes, call Julie on 01895 811206

Students skydive for Hillingdon's carers

Local students Sam and James took to the skies in August to raise funds for Hillingdon Carers.

They raised a whopping £920 before returning to university to continue their studies - a great job boys and many thanks!

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Get set for Christmas

Christmas at Kew evening walk

Experience the bursts of colour and enchanting lights around the gardens.
Everyone needs to be mobile as the trail is just over a mile long.

Monday 16 December
Call and register an interest

Calligraphy and cards

Learn the art of calligraphy to design your own Christmas cards

Thursday 14, 21, 28 November

Brookfield Adult Learning Centre

Decorate your cake

Learn how to pipe with icing, make models and decorate your own cake.

Thursdays 28 Nov and 5, 12 Dec
10:00am-1:00pm

Fassnidge Memorial Hall
Uxbridge

Christmas Wreaths

Need a new Christmas wreath?
Learn to make a lovely fresh wreath to display at home.

December — dates tbc
10:30am-12:30pm

Rural Activity Garden Centre, Hillingdon

Carers Cafes

Our popular cafes are a place for you to relax and meet other carers and you can bring the person you care for.

Uxbridge Café sponsored by IBB Solicitors
10:00am-12:00noon
Fassnidge Memorial Hall, High Street, Uxbridge
First Monday of every month
(except Bank Holidays)

Ruislip Café sponsored & run by Ruislip Lions
2:00pm-3:30pm
Methodist Church, Torrington Road, Ruislip Manor
Third Monday of every month

Northwood Café sponsored by Northwood Lions
2:00pm-3:30pm
Emmanuel Church, High Street, Northwood
Second Tuesday of every month

Hayes Café
11:00am-1:00pm
Hayes & Harlington Community Centre,
Albert Road, Hayes
Last Thursday of every month

Forget-Me-Not Café
11:00am-1:00pm
St Matthews Church, High Street, Yiewsley
Second Monday of every month

Please drop-in and have a chat

Care skills for Carers

A three week course answering some of those questions you didn't like to ask!

- Have the confidence to deliver personal care and manage medications
- Understand the challenging behaviour of the person you look after
- Recognise the signs that the person you care for might not be well so needs to visit the GP

Mondays 21, 28 October and 4 November
10:00am-12:30pm
Hillingdon Carers' Centre

Call the office on 01895 811206 to register your interest

New Year, New Me

Rejuvenate your wardrobe!

Discover how to give your old clothes a new lease of life. How to use a sewing machine or sew by hand to alter and repair your garments e.g shorten a dress or take in a skirt.

Friday 31 Jan and 7, 14 Feb 2020
10:00am-1:00pm
Brookfield Adult Learning Centre, Uxbridge

Fancy a pamper?

Enjoy a relaxing facial given by a second year beauty therapist in Uxbridge College's
Distinction Salon, Hayes
followed by a light lunch in
Revisco Restaurant
Uxbridge College, Hayes Campus

Dates to be confirmed

Dance Exercise for beginners

Learn the basic steps of a variety of dance styles, using different music timings and rhythms. You will be shown how to warm up using some limbering routines that can be applied at home

Ruislip Manor Adult Learning Centre
Dates to be confirmed

Spring has Sprung

Horticulture

Would you like to understand your garden, the seasons, soil and sowing? Learn more about the garden along with horticulture activities, a great way to recharge your batteries and connect with nature.

Hanging Baskets

Learn to make Spring hanging baskets to bring your garden to life

Rural Activity Garden Centre, Hillingdon

Comfort Touch sessions

We are delighted to be able to offer you a free course of four sessions of Comfort Touch *(a gentle, over the clothes, seated massage).*

Ever popular with carers, this service is available once a fortnight at our Ruislip Manor venue, refreshments provided.

Interested then give Nadia a call on 01895 811206

Complementary Therapies

Complementary therapies are pleasant and relaxing and can help with reducing anxiety, aiding relaxation, easing aches and pains and improving sleep.

Carers are offered a course of four sessions of a treatment which last for 30 minutes at Harlington Hospice

Introduction to using essential oils

This half day workshop will introduce you to a few essential oils and ways you may safely use them at home to enhance wellbeing.

You will learn how to give a simple hand massage and make a product to take home

Keep learning …

Contact the office and register your interest

caring with confidence

Giving you the confidence to care

Caring with confidence courses are for those of you who are supporting someone who has been diagnosed with dementia.
They are really beneficial and valuable courses.

"It gave me information I did not know and it was great that my mother could come with me."

The person you care for can be looked after and given fun activities with Harlington Hospice staff whilst the course takes place and you can both stay for afternoon tea afterwards.

Transport can be provided if you might find it difficult to get there.

Please call Harlington Hospice on 0208 759 0453 to book your place

Working for Carers

Do you want to go back to work?

Trying to get back to work after caring can be very daunting. We can help you to build your current skills and confidence.

Working for Carers offers employment and training advice for unpaid carers aged 25 and over living in London.

In Hillingdon, you can access:
One-to-one advice and support
Workshops and group sessions
Employment, volunteering and training opportunities

Contact Pami on 01895 811206 for more information

working for carers 689,000 reasons to care

NATIONAL LOTTERY FUNDED

European Union

Looking after your back

Help the person you care for maintain mobility whilst reducing the risk of injury to yourself

Thursday 31 October
10am-12:30pm
Christ Church, Uxbridge

First Aid

Learn the basics to help you and your family around the home

Wednesday 20 November
10:30am-12:30pm
Christ Church, Uxbridge

Understanding depression

Managing depression in ourselves or the person we care for.

Wednesday 4 December
10am-1pm
Christ Church, Uxbridge

Please contact Lynne on 01895 811206

Further steps in IT

Learn how to book online or buy that something special.
You will need to have a good understanding of computers and have a regular email address.

Brookfield Adult Learning Centre

Tracing your family

Would you like to research your family tree?
This workshop explains what you need to know before you begin, how to use the special ancestry website at the Library and provides tips on researching those family members

Ruislip Manor Library

Managing Me

led by ***Hillingdon Talking Therapies***

Looking at ways to help you manage day-to-day stresses or worries plus increase your motivation and confidence

Mondays 20, 27 January
3, 10, 17 February 2020
10:00am-12:00noon
Hayes and Harlington Community Centre
Albert Road, Hayes

Summer dates in Ruislip to follow

Contact Wellbeing Team on 01895 811206

Therapeutic Care for Carers

Wellbeing Workshops 2019-20

In a small group setting you will experience a variety of simple to learn techniques that you can use every day to enhance your coping skills, improve your ability to relax and to maintain a better sense of wellbeing in your daily life.

Wellbeing Workshop 15
Venue: **Harlington**
Dates: **Fridays 4, 11, 18, 25 Oct & 1, 8 Nov**

Wellbeing Workshop 16
Venue: **Uxbridge**
Dates: **Wednesdays 5, 12, 19, 26 February & 4,11 March 2020**

H4All stronger together

Counselling

H4All offers a range of counselling services that can help you cope with day to day difficulties more easily, and help overcome long term problems for a better quality of life and wellbeing.

Please contact Nadia on 01895 811206

Exercise can be fun and social

Exercise is a great way to feel better, boost your health and have fun!

Chair exercise with Alison
involves gentle stretching exercises

Yoga with Jodi
keeps you mobile and your body flexible

Christ Church, Uxbridge
on alternate **Thursdays 1:30-3:00pm**

Light refreshments are provided after the session.

Carefree Breaks 2020

If you are an unpaid carer for at least 35 hours a week you could be eligible for a UK short break away through Carefree.

To register an interest, or to see if you meet the criteria call 01895 811206.

Breaks are likely to be offered again in **Autumn/Winter 2020**

carefree

HEALTHY MOT DAY

MONDAY 4 NOVEMBER 2019

Drop-In between

10.30am – 1:30pm

Fassnidge Memorial Hall

High Street, Uxbridge

Diabetic Team, Stroke Association, Pharmacist, AGE UK, Mind, Prostate Cancer, Alzheimer's Society

What's o

	OCT	NOV	DEC	JAN 2020	FEB	MAR
TIME FOR YOU						
Christmas at Kew			16 Dec			
Calligraphy and cards		14, 21, 28 Nov				
Decorate your cake		28 Nov	5, 12 Dec			
Christmas Wreaths						
Dance Exercise for beginners						
Pamper Session						
Rejuventate your wardrobe				31 Jan	7, 14 Feb	
Horticulture						
Hanging Baskets						
Uxbridge Café	7 Oct	4 Nov	2 Dec	6 Jan	3 Feb	2 Mar
Northwood Café	8 Oct	12 Nov		14 Jan	11 Feb	10 Mar
Hayes Café	31 Oct	28 Nov		30 Jan	27 Feb	26 Mar
Ruislip Café	21 Oct	18 Nov	16 Dec	20 Jan	17 Feb	16 Mar
Forget-Me-Not Café	14 Oct	11 Nov	9 Dec	13 Jan	10 Feb	9 Mar
MH Wednesday Carer Group	2, 16 Oct	6, 20 Nov	4, 18 Dec	15 Jan	5, 19 Feb	4, 18 Mar
KEEP LEARNING						
Care Skills for Carers	21, 28 Oct	4 Nov				
Looking after your back	31 Oct					
First Aid		20 Nov				
Understanding Depression			4 Dec			
Step further into IT						
Tracing your Family						
HEALTH AND HAPPINESS						
Managing Me				20, 27 Jan	3, 10, 17 Feb	
Therapeutic Care for Carers	4, 11, 18, 25 Oct	1,8 Nov			5, 12, 19, 26 Feb	4, 11 Mar
Exercise - Yoga	10, 24 Oct	14, 28 Nov	12 Dec	2, 16, 30 Jan	13, 27 Feb	12, 26 Mar
Exercise - Chair	3, 17, 31 Oct	7, 21 Nov	5, 19 Dec	9, 23 Jan	6, 20 Feb	5,19 Mar
Healthy MOT day		4 Nov				

on Guide

	OCT	NOV	DEC	JAN 2020	FEB	MAR
DEMENTIA SUPPORT						
Alzheimers Café Templeton	1, 15, 29 Oct	12, 26 Nov	10 Dec	7, 21 Jan	4, 18 Feb	3, 17, 31 Mar
Alzheimer's Cafe Hayes	11, 25 Oct	8, 22 Nov	6, 20 Dec	3, 17, 31 Jan	14, 28 Feb	13, 27 Mar
Alzheimer's Café Yiewsley	14 Oct	11 Nov	9 Dec	13 Jan	10 Feb	9 Mar
Younger Onset Dementia Group	3, 10, 17, 24 , 31 Oct	7, 14, 21, 28 Nov	5, 12, 19, 26 Dec	2, 9, 16, 23, 30 Jan	6, 13, 20, 27 Feb	5, 12, 19, 26 Mar
Dementia Friends Uxbridge	1, 8, 15, 22, 29 Oct	5, 12, 19, 26 Nov	3, 10, 17, 24, 31 Dec	7, 14, 21, 28 Jan	4, 11, 18, 25 Feb	3, 10, 17, 24, 31 Mar
Dementia Friends South Ruislip	14, 28 Oct					
Dementia Friends Northwood Hills	2, 9, 16, 23, 30 Oct	6, 13, 20, 27 Nov	4, 11, 18 Dec	1, 8, 15, 22, 29 Jan	5, 12, 19, 26 Feb	4, 11, 18, 25 Mar
Dementia Friends Botwell	3, 10, 17, 24, 31 Oct	7, 14, 21, 28 Nov	5, 12, 19, 26 Dec	2, 9, 16, 23, 30 Jan	6, 13, 20, 27 Feb	5, 12, 19, 26 Mar
Dementia Friends Harlington	2, 9, 16, 23, 30 Oct	6, 13, 20, 27 Nov	4, 11, 18 Dec	1, 8, 15, 22, 29 Jan	5, 12, 19, 26 Feb	4, 11, 18, 25 Mar
Dementia Friends Yiewsley	28 Oct	25 Nov	16 Dec	27 Jan	24 Feb	23 Mar
Dementia Friends Manor Farm Library	25 Oct	29 Nov	20 Dec			
Men's Shed Hillingdon RAGC	2, 9, 16, 23, 30 Oct	6, 13, 20, 27 Nov	4, 11, 18 Dec	1, 8, 15, 22, 29 Jan	5, 12, 19, 26 Feb	4, 11, 18, 25 Mar
Become a Dementia Friend		5 Nov				
Admiral Nurses Carers Info Day	24 Oct			30 Jan		
Dementia Films - Beck Theatre		11 Nov		6 Jan		9 Mar
Dementia Films - Compass Theatre		14 Nov				
After Dementia	7, 21 Oct	4, 18 Nov	2, 16 Dec	6, 20 Jan	3, 17 Feb	2, 16 Mar
EVENTS						
The Big Listen 2 & AGM	10 Oct					
Carers Rights Day		29 Nov				
Young Carers Awareness Day				30 Jan		

Dementia support

Alzheimer's Cafes

These cafes offer advice, support and fun activities for carers and people with dementia.

Templeton Café
United Reform Church Hall
Joel Street, Northwood HA5 1NL
Fortnightly Tuesdays 10:30am-12:30pm

Hayes Café
Hayes & Harlington Centre
Albert Road
Fortnightly, Fridays 10:30am-12:30pm

Forget-Me-Not Café
St Matthews Church Hall
High Street, Yiewsley
Second Monday of the month
11:00am-1:00pm

Become a Dementia Friend

Hillingdon Council is encouraging residents to support people living with dementia to live well for longer by becoming a 'Dementia Friend'.

Information sessions are held at the
Civic Centre, Uxbridge UB8 1UW
1:00-3:00pm

Friday 27 Sept, Committee Room 2
Tuesday 5 Nov, Committee Room 7

Please go online and book your place
hillingdon.gov.uk/Dementia-Friends

Dementia Friends Cafes

Dementia Friends Coffee morning are run by the Local Authority

Magic tables (Tovertafel) are an innovative Dutch invention that provides stimulating light games for people with dementia are now available at three libraries in the borough.

Uxbridge Library
High Street, Uxbridge
Every Tuesday 10:00-11:30am
Tovertafel 11:00-12:00

Botwell Library
East Avenue, Hayes
Every Thursday 11:00am-12:30pm
Tovertafel available during session

Harlington Library
Pinkwell Lane, Hayes UB3 1PB
Every Wednesday
10:30am-12:00noon

Manor Farm Library
Bury Street, Ruislip HA4 7SU
Monthly on Fridays 10:00am-12:00noon
Every other Monday 2:00-3:00pm
Manor Farm Library

Northwood Hills Library
Potter Street, Northwood HA6 1QQ
Every Wednesday 2:30-4:00pm
Tovertafel available during session

Yiewsley Library
High Street, Yiewsley UB7 7BE
4th Monday every month
11:00am-1:00pm

South Ruislip Library
Victoria Road, South Ruislip HA4 0JE
Every other Monday 2:00-3:00pm

See calendar in middle pages for dates

Norman Leddy Garden Walks, Hayes

Meet at Beck Theatre, Grange Road, Hayes

A slow paced walk that is ideal for people with dementia

They last up to 30 minutes and cover flat ground or gentle slopes with mainly firm surfaces and no steps.

Tuesdays from 1:30pm

Call Sarah Durner for more information 01895 277137

The **Alzheimer's Society** can be contacted at
Hillingdon Carers Centre, 126 High Street, Uxbridge
Contact: Madhuri on 01895 811206 or Julia on 01923 842444

Younger onset Dementia Group

A chance to chat to others in a similar situation living in your area and take part in fun and relaxing activities for younger people (under 65) living with dementia.

Northwood Library
Oaklands Gate, Northwood HA6 3AA
Every Thursday 10:00-11:30am
Light refreshments afterwards

For more information contact
Northwood Library 01895 558262

Admiral Nurses Carers Information day

Admiral Nurses provide the specialist dementia support that families need.

If you are caring for someone with dementia and would like to find out more about Admiral Nurses, we would encourage you to attend a Carers Information day.

Thurs 24 Oct 2019 or Thurs 30 Jan 2021
Contact Lynsey Hartwell on 01895 556480

AFTER Dementia

So you cared!

You gave your whole life over to care for your partner, parent or other person with dementia, and now its over.

Are you lost in feelings of guilt, emptiness, grief and yes abandonment? Probably drained and exhausted too!

You are not alone.

Come and share these feelings with others who feel them too, and maybe there is a way after dementia.
First and third Mondays every month at 2:30pm

27 Sandy Lodge Way, Northwood HA6 2AR

Contact Hazel on 01923 824235

Dementia Friendly Screenings

Beck Theatre, Hayes

The Beck Theatre are delighted to launch more of the dementia friendly films in a safe and relaxed environment for those with dementia and Alzheimer's and their family and friends.

After the film there will be free tea and biscuits plus the opportunity to meet other carers and talk about the film. **Films start at 11:00am**
Call Madhuri on 01895 811206
to book your places

New Dementia Friendly Film Screenings

Compass Theatre, Ickenham

We are delighted to present a series of dementia friendly film screenings in a safe and relaxed environment.

Thurs 19 September

Thurs 14 November

Film starts at 10.30am.
Tickets are £4.00 FREE for carers

Coming soon
Winston Churchill Theatre, Ruislip
Dates and films to be confirmed

HILLINGDON
LONDON

Dementia Friendly Assistance Service

Intu Uxbridge are offering a two hour dementia friendly assistance service to make your shopping experience better.

Call Intu Uxbridge on
01895 817531

intu Uxbridge

Harlington Care Respite Service

Giving unpaid carers a break from their caring responsibilities

The Short Breaks service provides carers with the opportunity to have a break from their caring role, safe in the knowledge that their loved one is being cared for by someone with the appropriate training, skills and experience.

During this time we can:

- Take the cared for on social outings i.e. places of interest, lunch, walks
- Carry out personal care needs
- Support in the home if unable to go out
- Take to local activities i.e. dementia cafes/libraries
- Create a relationship and encourage independence where possible

For Carers to be eligible for the Carers Short Breaks respite service they must:

- Have very limited or no breaks from the caring responsibilities
- Be unable to leave the cared for safely on their own
- The carer must live with the cared for and be caring full time
- Receive no other support or attend day centres (excl. Domiciliary calls)
- The cared for must be at home full-time and attend no places of education or work i.e. College/ Jobs
- The carer must **not** in be in receipt of Direct Payments

Harlington Care use a points based initial assessment to establish needs of each individual and how many hours will be allocated.

Wednesday Carers Group

Are you a carer of someone with mental ill health or perhaps you are a carer experiencing mental health issues due to your caring role?

The Wednesday Carers Group is peer-led and meets at

Fassnidge Memorial Hall, Uxbridge

First and third Wednesday of every month
1:00pm-3:00pm

No need to book—just drop-in!

Are you a parent –carer of someone with a learning difficulty?

Come and join us to share your experiences, enjoy a cuppa and chat; and listen to invited guest speakers.

Christ Church, Uxbridge
Fourth Wednesday of every month
10am—12 noon

Contact Aegon or Enid Welsh for more information 01895 634145
No need to book—just drop-in!

Our Advisers

In 2018/19, our Advice team secured £1,142,178.20 in carer-related benefits. This means we have now increased the household income of carers in Hillingdon by over £2.5 million in the last three years.

Book your free benefits check today.

Call 01895 811206

IBB solicitors

Free legal advice clinics

Our colleagues at IBB Solicitors continue to support Hillingdon's carers and are still offering you a generous 30 minutes of free legal advice at their monthly Legal Advice Clinics.

If you would like to discuss your options with a solicitor, now you can.

Please note appointments are only available through Hillingdon Carers

Call Julie Simmonds to book your place on 01895 811206

TURN2US

Grants for carers

Some carers experience financial hardship as a result of their caring role. Although there are carer-related benefits available, they are not always taken up and often carers do not know what they are entitled to.

Turn2us is a national charity that helps people who are experiencing financial hardship. They have set up a charitable fund that will target support to assist individuals who are coping with a life changing event in the last 12 months such as bereavement, ill health, job loss or a disability.

Contact Advice team on 01895 811206

HILLINGDON LONDON

Council Tax discount for the over 65+ in Hillingdon

The Pensioners discount needs to be claimed before it can be applied to their Council Tax liability.

Previously this was applied automatically when reaching age 65 however due to the recent changes in the Data Protection law the Council is no longer allowed to do this.

Therefore anyone who considers that they qualify for the over 65 discount needs to call the London Borough of Hillingdon on **0300 123 1384** to make their application.

Housing Benefit and Council Tax Reduction available online

There will be several self serve computers and scanners for those that don't have computer access at the Housing Benefit and Council Tax Reduction offices at the Civic Centre and One Stop Shop in Hayes.

Floor walkers will be available to assist to help use the self serve facilities.

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action · help · advice

Carers Trust Grants

Carers Trust currently has a grant fund open for individual adult carers, aged 16+.

Carers may be able to apply for grants of up to £300 for items or activities that will benefit them in their caring role, e.g a break with or without the person they care for.

Please contact our advisers who will be happy to help on 01895 811206

Interested in Volunteering?

The Volunteer Hub is delivered by H4All which is made up of five prominent charities within the Hillingdon borough, these are:

We have lots of volunteer roles available across the charities and if you have an interest or skill we'd love to hear from you. We are always looking for new ideas.

We currently have the below roles:

Group activity

- Carers Cafe Volunteer
- Young Carers Club Assistant

Individual or one-to-one

- Appropriate Adult
- Mobile App Designer
- Fundraising Volunteer
- Complementary Therapists

Out and About

- Van Driver
- Shop Volunteers
- Community Events Volunteer

We also work in close partnership with Carers Trust Thames and Alzheimer's Society, offering volunteer roles to support those requiring respite and those dealing with dementia.

To explore all the opportunities, we have available on the www.h4all.org.uk/volunteer-hub.
The application form is available on the same page, which can be used to apply for any of the roles, apart from Age UK Hillingdon.
If you, a family member or friend are interested in volunteering please contact us:

07738 112491
Volunteerhub@h4all.org.uk
H4All Volunteer Hub, Key House, 106 High Street, Yiewsley, Middlesex, UB7 7BQ

Contact details

Please feel free to pick up the phone and call us anytime. The staff from the Young Carers team, Advice team and Health and Wellbeing team are always happy to help, or to discuss the opportunities detailed in this newsletter with you.

To book a place or talk more about the services, please call:

01895 811206 or email us: **office@hillingdoncarers.org.uk**

Our website updates regularly with new information and occasionally, with services that don't make the newsletter. Have a look:

www.hillingdoncarers.org.uk