

**A new offer from
CNWL Talking Therapies Service Hillingdon**

We know that your caring role can be very rewarding but also can be challenging at times. Managing another person's needs alongside your own, can be stressful, especially if you have your own health problems.

Our experienced therapists provide weekly sessions offering support, advice, and a chance to share your experiences with others around a number of topics:

Adjusting to having health problems

– sharing experiences of what it's like to be a carer, to have a health issue yourself and what this means

Relationships and loss

– exploring how caring can change your relationships with others, your relationship with yourself and managing these changes

Whose needs come first?

– how to make time to look after yourself and your health alongside being a carer.

Managing anxiety

– understanding and coping with worry, and fears about the future.

Relaxation and looking after yourself

– practicing techniques to keep calm, to improve sleep and overall wellbeing.

Central and North West London 
NHS Foundation Trust

Introducing Healthier Carers Hillingdon

Thanks to a generous grant from the Bupa UK Foundation, we are delighted to have partnered up with Don't Tone Alone - a carer-focused physical activities and lifestyles organisation.

Don't Tone Alone was set up by a former young carer and all the personal trainers and support staff are trained in carers issues and are working closely with our Health and Wellbeing staff.

If you are interested in 1:1 personal training sessions, weight management support sessions or even free training to become a carer health champion, call our team to discuss the options.

Additionally, as part of the programme we will be offering a selection of interactive workshops addressing different elements of health and wellbeing. These will take place in the new Carers Centre in Uxbridge and are timed to accommodate the needs of all carers with mornings and evenings sessions.

Breaking down barriers to health and fitness

- Mindfulness
- Nutrition and weight management
- Ageing and well-being
- Physical activity and exercise
- Body image

All sessions must be booked through the team



Carers News

Spring 2017

Announcing a new Carers' Centre for Hillingdon!



And last, but by no means least... Carers Week and Fair



**Hillingdon
Carers Fair**

Back by popular demand, our annual event to connect carers with the services that support them.

Tuesday 13 June 2017, 9.30am- 4pm

Why not drop in to the Pavilions and talk to over 40 groups, services and organisations that help carers in their caring roles?

Delivered as a partnership between Hillingdon Carers and the London Borough of Hillingdon, this year's event will be bigger and better than ever. Hayes FM will ensure a lively atmosphere and staff from across the borough will be on hand to answer your questions and to give you advice and information about their services.

The event, as ever, will be opened by the Mayor of Hillingdon and consort. Come and have a chat with them.

There will be fun, interactive activities and a great atmosphere!

Help us to identify carers by passing this information on to a friend, neighbour or colleague that you think might be caring for someone.

Announcing a new series of drop - in sessions

Dementia
Advice, information and support from the experts

Mental Health
Staff from Mind on hand to answer your queries

Meet the Social Workers
Talk to social work staff from the council

Healthwatch
for all feedback on health and social care services

Regular dates will be available from late April, on Hillingdon Carers' stall at the Fair or our Advice Centre on the High Street



It's exciting times at Hillingdon Carers as we prepare to expand and open as a Carers' Centre, offering a whole new range of services for you, the carers of Hillingdon.

Our rather unassuming Advice Centre frontage will soon be getting a facelift and will magically open out at the back into the new Centre - think wardrobes and Narnia! As well as all our services up and down the borough, we will be adding a whole range of new opportunities, from wellbeing workshops to arts and crafts activities and specialist drop-in sessions hosted by our partners. We will also be working to develop activities in the evenings for those of you that juggle work and care.

We will be launching new services over the next few months, starting in mid-April. Please stick the enclosed calendar to your fridges so that you don't miss your usual favourites such as Carer Cafes and exercise classes. However don't forget to read the centre pages as there is a whole lot of new stuff coming your way.

Finally, we invite you to drop in for a personal tour over Carers' Week, where staff will be on hand to talk you through what's on offer. Carers' Week takes place from Monday 12 - Sunday 18 June 2017. We look forward to welcoming you to your new Centre.

**Calling all creatives
Carers' creative writing competition**

Carer, Peter Musgrave, has teamed up with Emma Fitness, a creative writing lecturer from Brunel University. They want to hear about your experiences of caring in a short story or poem; why not have a go even if you have never penned a word in your life? There are multiple categories and prizes for the first three in each category.

Poems can be in any style up to 40 lines and short stories up to 1,500 words. All entries will be published in a Carers' Stories volume and a presentation evening will take place in Autumn 2017.

Submit your entries by post or email to the usual Hillingdon Carers address detailed on the back page, with your contact details, including your age (sorry!)

You are welcome to submit more than one entry but original work only please.



Hillingdon Carers contact details:

126 High Street, Uxbridge, Middlesex UB8 1JT

Telephone: 01895 811206 Email: office@hillingdoncarers.org.uk Website: www.hillingdoncarers.org.uk

Registered Charity No.1082297

What's new?

Exciting new opportunities from HCP

What is the Hillingdon Carers Partnership (HCP)?

The Hillingdon Carers Partnership is a new way in which help and support for carers is delivered, which makes finding that help much easier.

In the past support for carers in Hillingdon was provided by a number of different organisations all operating independently of each other. This caused many of you to miss out on the best source(s) of support.

Each agency had its own separate registration and assessment processes, which created difficulty for you in finding the right support and meant you had to repeat your story, often many times.

Previous arrangements sometimes resulted in time wasted and duplication of services. Also, the lack of joined-up working sometimes meant that essential services were not provided.

Hillingdon Carers Partnership changes all that.

The five largest providers of carers' support have come together under one banner and are working closely with each other - but also with others - to improve your experience of help, information, advice and support services.

They are also working jointly to provide an exciting range of both 'tried and tested' and new services for you.

So please read on...



Hillingdon Carers Partnership

Working together for unpaid carers



Short breaks service

Carers Trust Thames provides much needed respite support for you, the carers of Hillingdon.

Trained and caring Care Support Workers can take over your caring responsibilities for a short while to give you a break from your caring role. They can help with personal care, medication, feeding and companionship and can even take out the person you care for.

New Partnership arrangements have triggered a high demand for this service and the partners are jointly looking at new ways to provide the breaks you need.

Collective respite

We will shortly be providing alternative activities for the people you care for at our **Hayes Carer Café**. We have seen many carers unable to leave their loved ones (particularly those with dementia). Therefore we will offer activities for them so that you can enjoy the benefits of support from your peers and the social contact that Cafes provide.

Contact: 01895 258888

Get creative with our Arts for Carers

Coffee & Clay workshop

Come and join us for a morning of creativity and chit chat.

Workshop one will involve building a clay model of your choice And day two gives you the opportunity to paint and finish your creation! The second session will finish with a light group lunch. Perfect for anyone who would like to try something a bit different. No experience necessary and remember the Venus de Milo had to start somewhere.

Workshop One: Friday, 9 June 2017, 10:30am - 12:30pm

Workshop Two: Friday, 16 June 2017, 10:30am - 12:30pm

Summertime flowers

Whatever size of outdoor space you have, even just a front door step, come and learn what you can grow and how to do it.

Learn how to plant containers and hanging baskets to brighten up even the smallest of outdoor space.

The course will cover -

Planting a summer container to brighten up your patio or balcony

Planting a hanging basket

Growing herbs and vegetables in containers

The course will run from 10:30am - 1:00pm on 8, 15 and 22 May at the Rural Activities Garden Centre. If you have time you could stay for lunch at the Tea Rooms.

All activities must be booked through the team



Fancy a pamper?

Book your place now for a free facial or massage and lunch at our next PAMPER DAY

Uxbridge College, Hayes Campus

Wednesday 3 May 2017

Go on, you deserve it!

Mental Health emergencies

If you need emergency help with a mental health issue, the Central and North West London (CNWL) NHS Foundation Trust operates a **Single Point of Access** helpline

24 hours per day, 7 days per week, 365 days of the year

Call: 0800 0234 650

or email: cnw-tr.spa@nhs.net



Are you looking after someone with dementia? Help is at hand...

Dementia Carers Cafes

Fortnightly Tuesday 10:30am - 12:30pm
Templeton Centre, Joel Street, **Northwood Hills**

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

Singing for the brain

A stimulating group activity for people in the early to moderate stages of dementia and their carers, which can help with general well-being and confidence.

Thursdays 14:00pm - 16:00pm

Cottesmore House, Perkins Gardens, **Ickenham** UB10 8FT

Friends Coffee Mornings (in partnership with London Borough of Hillingdon)

Tuesdays 10:00am - 11:30am

Uxbridge Library, High Street, Uxbridge

Thursdays 11:00am - 12:30pm

Botwell Library, **Hayes**

Specialist Day Care and Support service

gives you the opportunity to pursue your hobbies and interests, try out new activities, and socialise with others in a friendly environment outside of your home.

9.00 to 5.00 Monday to Saturday, Templeton Centre, Joel Street, Northwood Hills

Call for more information: 01923 823999

National Dementia Helpline - 0300 222 1122

Introducing a fabulous extended service with our partners from Harlington Hospice... Therapeutic Care for Carers

In addition to our established Comfort Touch Therapy (gentle, seated, over-the-clothes hand, arm and shoulder massage), you can now also choose to have a course of complementary therapy.

Fully qualified therapists deliver your chosen treatment; we offer a range of therapies and complementary techniques including reflexology, reiki, massage and aromatherapy. All the therapies can be accessed at our weekly Therapeutic Care for Carers sessions alternating between Ruislip Manor (Wednesdays) and Harlington Hospice (Tuesdays). Sessions are free but booking is essential.

Why not give it a try? Put yourself first, relax and let someone else look after you for a while.

Wellbeing workshops

Helping you to help yourself

We also run regular 4-session courses, which teach you a range of self-help techniques. You can use these techniques at home and also use them to help the person you care for. Why not come along and learn something new with people who understand your situation?

Workshops incorporate a variety of simple to learn practices that you can use every day, including Tai Chi, mindfulness, a variety of meditation practices and exercises involving body and mind.

Each course will run for four consecutive weeks and each session will last 2 hours. Sessions are run as a closed group to enable the participants to feel comfortable working with each other.

Week 1 Managing stress

Week 2 Improving sleep

Week 3 Lifting mood

Week 4 Reinforcement of practices/ special requests from group



"I think this is such a valuable service in fact, it's the best help I've had as a carer. I can't stress enough how much better it's made me feel."

To book sessions or for more information call the Health and Wellbeing team - 01895 811206

Promoting better mental health Our partners at Hillingdon Mind are there to help



They provide support, advice and information about caring for someone with mental health issues but they are also committed to promoting positive mental health for carers too.

Mind Carers Group

Every Wednesday, Christ Church, Redford Way, Uxbridge

Fancy a day out and boat trip in Windsor?

Why not join us on Wednesday 7 June for a free day out? (Sorry, for carers of people with mental ill health only.)

Read Aloud sessions

Join us the first Friday of every month at Yeading Library from 2-4pm

Mental Health Awareness training

Wednesday 10 May 2017

Call Jag on: 01895 811206

To book sessions or for more information call the Health and Wellbeing team - 01895 811206