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## Fact sheet 3 -

### Our services: Health and wellbeing

Our health and wellbeing services have all been developed in response to feedback from carers so that we are giving as many of you the opportunities and support that you say you would like or indeed need. Our most popular activities are:

#### **Arts for Carers**

Funded by the London Borough of Hillingdon, our Arts for Carer courses include pottery, jewellery making, cake decorating, watercolour painting, guitar for beginners, glass painting and many more.

- ⇒ Learn new skills and how to express yourself creatively
- ⇒ Invest in your own personal development
- ⇒ Meet other carers
- ⇒ Relax in a friendly, informal and stress-free atmosphere.

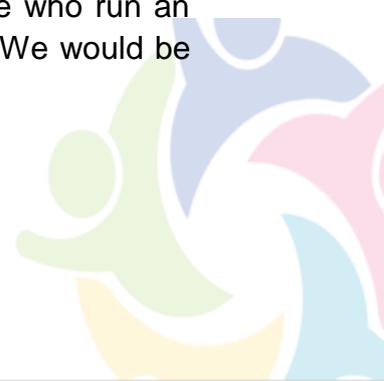
#### **Carer training**

Many carers carry out tasks that health professionals are trained to perform, such as moving and handling. We know that nobody gives you a manual when you start caring and we therefore offer a programme of basic training to help carers in their roles. We offer sessions on:

- ⇒ **Caring for your back** - protect your back when moving and handling
- ⇒ **Basic First Aid** – learn the key stages of first aid procedures
- ⇒ **Managing wheelchairs** – safety, loading into a car, ramps and repairs
- ⇒ **Life Story workshops** – create life memory books with your loved one
- ⇒ **Tomorrow is another day** – Caring for someone with dementia

Training sessions are held in Uxbridge, usually between 10.15am – 12.30pm

We also have a strong partnership developing with Harlington Hospice who run an extensive Caring with Confidence course in the south of the borough. We would be happy to put you in touch.





### **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. Cafes take place as follows:

⇒ **Harefield Café**

Harefield Library, Park Lane, Harefield, UB9 6BJ, 1.30-3.00pm, last Tuesday of the month

⇒ **Uxbridge Café** (sponsored by Turbervilles Solicitors)

Room 7, Christ Church, Redford Way, Uxbridge, UB8 1SZ, 10am-12pm, first Monday of the month

⇒ **Hayes Café**

Hayes and Harlington Community Centre, Albert Road, Hayes, UB3 4HR, 11am – 1pm, last Thursday of the month

⇒ **Northwood Café** (sponsored by Northwood Lions)

Emmanuel Church, High Street, Northwood, HA6 1AS, 2.00-3.30pm, second Tuesday of the month

### **Therapeutic Care service (in partnership with British Red Cross)**

Our long-standing programme of therapeutic care is a favourite with carers. We offer a 6 week programme of therapeutic touch designed to bring relief from stress and to encourage relaxation. It provides a quality break from caring.

- ⇒ Treatment comprises basic hand care, hand and forearm massage and neck and shoulder massage through clothing.
- ⇒ Volunteers are trained to high standards
- ⇒ We offer pleasant surroundings and empathetic, caring therapists

There is always a member of staff from Hillingdon Carers to offer advice and emotional support and a free sandwich lunch is provided. Sessions take place alternate weeks in Ruislip Manor and Hayes.

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

**Telephone: 01895 811206**

**Email: [office@hillingdoncarers.org.uk](mailto:office@hillingdoncarers.org.uk)**

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

