

Carers News

Spring 2016



Calling all carers



Our local community radio station Hayes FM is working with Hillingdon Carers to reach more people who care, unpaid, for family member or friends.

Our very own Dave Williams will have a regular slot at 3pm on the third Friday of each month on 91.8 Hayes FM to chat with presenter Dr Sylvia Smith about issues that affect carers. The exciting news is that Dave and Sylvia are looking for carers like you to join them to plan the broadcasts and tell your caring stories.

You might wish to share your feelings when you first heard the diagnosis that saw you become a carer or how you dealt with something unexpected – all this information will help carers to identify themselves and to know there is help and support out there.

If you would like to get involved please contact Hillingdon Carers on **01895 811206**

We would love to hear from you!

We are Intu Uxbridge customer's choice Charity of the Year 2016

As part of their support offer, the lovely staff at Intu Uxbridge have agreed to work with us to make the shopping centre more carer-friendly. They are re-equipping their disabled toilets with a hoist to help you with moving your loved one in and out of their wheelchair.

Additionally, all centre staff will receive carer awareness training to improve carers' shopping experience and will become Dementia Friends through training from our partners at the Alzheimer's Society.

We are delighted to be working with the team there!



Making every penny count



More and more these days people receive information via email or by searching the web. At Hillingdon Carers we are trying to rethink how we spend money to ensure that as much as possible is spent on support services for you as carers, rather than on our office costs.

Therefore we would like to ask you to sign up to receive this newsletter and a new regular news bulletin electronically – you will get more information but without the printing and postal costs.

We also understand that some of you prefer to receive the newsletter in the post so we will continue to provide this service. If you can, please go onto our website and sign up to receive the newsletter by email:

www.hillingdoncarers.org.uk

What's new? . . .

Money worries? Help is at hand . . .

Barclays Bank has agreed a new partnership with our national organisation, Carers Trust, and we have been making friends with our local branch in Uxbridge.

They are planning an information event for carers to help you with managing finances and banking. This will take place in late spring/early summer so watch this space!

Barclays and Hillingdon Carers will also be holding a quiz night to raise funds and awareness for carers. Why not enter a team? For more information or to register your interest, please call or email the office.



Education not medication

Building on the successful Learn to be Well courses over the last year, it is great news that Hillingdon Adult and Community Learning (HACL) will be offering more courses for people who are experiencing mild to moderate mental health problems such as sleeplessness, low mood, anxiety and/or depression.

We know that you as carers can sometimes feel a bit low or that you can suffer from anxiety or sleeplessness so this might be just the thing you need!

The courses are free and available at locations across the borough. They focus on self-help and confidence building, can help you to learn a new skill and also offer an opportunity to meet new people and develop new interests.

Contact: Brookfield Adult Learning Centre 01895 254766

Caring with Confidence



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 by Harlington Hospice staff whilst the course takes place and you can both stay for a three course hot lunch together afterwards

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

The next course starts on:

1 August 2016

To book your place, please call Nadia on:

01895 811206

Emotional wellbeing with a little help from CNWL

We understand that caring can be stressful and demanding which in turn can lead to anxious thoughts and low mood.

Hillingdon Carers have been working with Central and North West London NHS Foundation Trust, to deliver short workshops to help you identify, manage and cope with feelings of low mood, anxiety, depression and stress.

Workshops provide an insight into Cognitive Behaviour Therapy (CBT), which aims to help develop an understanding how our thought processes influence our behaviours and subsequently affect the way we feel.

CBT also teaches techniques to change negative and unhelpful thought patterns. We are planning future sessions offering practical solutions for relaxation to include breathing and stress busting techniques to manage anxiety.

We will be running these short courses in the Uxbridge area in sessions lasting approximately 2 hours.

To register your interest, please contact the Health and Wellbeing Team at Hillingdon Carers:

01895 811206



Central and North West London 
NHS Foundation Trust

Free legal advice clinics

Turbervilles Solicitors are still offering you a generous 30 minutes of free legal advice at their monthly Legal Advice Clinics for carers. These sessions are proving to be very popular so book early.

Turbervilles are very experienced in advising and preparing all types of Powers of Attorney, whilst ensuring that advice is appropriate for each individual.

They want their knowledge and expertise to help provide you with peace of mind; so if you have any questions about any aspect of the law, or you'd just like to discuss your options with a solicitor, now you can.

Please note appointments are only available through Hillingdon Carers, call Julie S on 01895 811206

Hillingdon Carers contact details

126, High Street,
Uxbridge, UB8 1JT

Telephone: 01895 811206

Email: office@hillingdoncarers.org.uk

Website: www.hillingdoncarers.org.uk

Facebook: [Hillingdon Carers](https://www.facebook.com/HillingdonCarers)

Twitter: [@HillingdonCarer](https://twitter.com/HillingdonCarer)

Your guide to activities, services and support for carers in Hillingdon

Calling all culture vultures

We have a variety of trips coming up this spring and summer:

Tower of London
Monday, 23 May

Tate Britain to Tate Modern
via boat on Thames
Monday, 20 June

90 Glorious Years
Wednesday, 13 July –
Lets celebrate the Queen's
birthday at the Beck Theatre

Let us know if you are interested in attending

Please call the office on **01895 811206** and register your interest



Take a break . . .

Our popular Carer Cafés are a place for you to relax, meet other carers, talk to staff, seek advice and swap good news or share ideas about dealing with some of the challenges of caring.

Uxbridge: sponsored by **Turbervilles Solicitors**
Christchurch, Redford Way, Uxbridge
10:00am-12:00 noon – 4 Apr, 6 Jun, 4 Jul, 1 Aug

Northwood: sponsored by **Northwood Lions**
Emmanuel Church, High Street, Northwood
2:00pm-3:30pm – 12 Apr, 10 May, 10 Jun, 12 Jul, 9 Aug

Harefield: Harefield Library, Park Lane, Harefield
1:30pm- 3:00pm – 26 Apr, 24 May, 28 Jun, 26 Jul, 23 Aug

Hayes: Hayes and Harlington Community Centre,
Albert Road, Hayes
11:00am-1:00pm – 28 Apr, 26 May, 30 Jun, 28 Jul, 25 Aug

NEWSFLASH

We have new carers cafés coming to Ruislip and Yiewsley/West Drayton.

Watch this space!!

Back by popular demand

Hillingdon Carers Fair!



Come and join us and meet the services

Tuesday 7 June 2016, 10am-4pm
Pavilions Shopping Centre, Uxbridge

Get fit, be happy

We have a range of exercise sessions in Uxbridge that are fun, friendly and a great way of combatting aches, pains and tiredness. So why not come along to one of our sessions, meet other carers and have some time for you?

Carers Fitness with Becky
Every Thursday morning,
11:00am – 12:00 noon

Yoga for all abilities
Alternate Thursdays,
1:30pm – 3:30pm

Chair-based exercise
Alternate Thursdays

Strictly Ballroom
Alternate Tuesdays,
11:00am – 12:30pm



Pamper yourself in Carers Week

Do you know any carer that might enjoy a spot of pampering such as a facial or manicure?

We are offering a session at

Distinction Salon, Uxbridge College
for approx 1.5 hours with a student in-training

This will include a light lunch at
Revisco Restaurant

Please call the office on 01895 811206



Carers Arts

Our Arts activities are as popular as ever and we have a new spring/summer programme on offer. Why not try a new hobby, or take up an old one?

The new programme includes:

Make your own plants

Summer baskets

Make a fascinator for Ascot or wedding

Please call the office on **01895 811206** to register your interest

Young Carers Awareness Day

In celebration of Young Carers Awareness Day the Young Carers team set-up a stall in the Intu Uxbridge shopping centre.

Our team took to the shops to get people thinking about what it means to be a young carer and to give an idea of what our project has to offer. Throughout the day we raised a sweet £60 in donations!

Intu Uxbridge have made Hillingdon Carers their Customer's Choice Charity this year, so you will be seeing more of our friendly faces fundraising around the centre, with Intu gearing up to become more carer friendly too!



News in brief

- The team turned the tables on Rosedale Academy when they attended a teacher training day and gave the teachers a lesson on how to identify young carers and what sort of support they could benefit from. We told them about all the great activities, trips and workshops that we offer.
- The air was thick with excitement when two mini buses full of young carers arrived at Whizz Kidz Soft Play. A fun factory awaited filled with bouncy castles, wall to wall slides and soft bouncy thingies that spun around. We had a race to see who would be the first down the 30ft slide . . . twenty times in a row!
- The Airport Bowl was taken over at half term by our young carers. Lots of different sized hands found a bowling ball to fit with the intention of hitting that all important strike!
- The Create Workshops continued this year by kicking off three days of drama and games that turned out to be a real test of teamwork. At the session in April, you can test your creative bones in paper art city scape building.

Out clubbing

Our young carers clubs offer loads of different activities.

Clubs happen as follows:

Saturday Club, Harlington Young People's Centre

Every Saturday: (All year)
10:30am - 1:00pm
(Ages 5-9 years/10-18 years
alternate weeks)

After-School Club, Northwood Young People's Centre

Every Monday: (term-time only)
3:30pm - 6:00pm
(Ages 9-18 years)

After-School Club, South Ruislip Young People's Centre

Every Tuesday: (term-time only)
3:30pm - 6:00pm
(Ages 9-18 years)

Young Adult Carers, West Drayton Young People's Centre

Every Wednesday: (term-time only)
4:00pm - 6:30pm
(Ages 16-25 years)

YAC-tivities! News for Young Adult Carers

A trip to the London Dungeons provided a terrifying experience for our YACs and staff. The group had a murderous meeting with Jack the Ripper, although thankfully all our members walked out of Whitechapel alive!

Thirteen Young Adult Carers enjoyed our first residential trip of 2016, to Swanage in Dorset. YACtivities on offer included archery, bushcraft and beach games, including climbing and abseiling, where many of the YAC's conquered their fear of heights. The YACs really enjoyed the weekend and a great time was had by all.

Several Young Adult Carer's had participated in a variety of workshops over the past three months run by Lloyds Bank. These have included personal budgeting, mentoring and they have taken part in mock interviews.

Three of our young people also gave an incredibly moving and powerful presentation to Lloyd's staff about their life as a Young Adult Carer and what our services mean to them.

The YAC Youth Club is up a running at West Drayton Young Peoples Centre every Wednesday and there are a variety of activities going on from DJ'ing to cooking.

Hannah – our resident art lady – helped our YACs unlock their creativity and produce a variety of art pieces, which are currently being displayed around the centre. The club is giving our YACs a space to unwind and relax every week.

For more information contact Jessica on 01895 811206

