

Hillingdon Carers

Supporting **4,854** Adult and **311** Young Carers in Hillingdon

Summer 2014

Receive our information by email

Due to the increase of printing and postage costs, we are asking Carers if they would like to receive any information from Hillingdon Carers via e-newsletter.



You can go onto the website and enter your email address on the newsletter box
www.hillingdoncarers.org.uk

Carers Conference

'Am I being unreasonable?'

The sixth annual Carers Conference took place in late June and was well attended by carers and officers from organisations that work with carers. The theme of the event was "Am I being unreasonable?", the speakers and workshops were designed to help carers to understand what realistic expectations of services are, and what to do when these are not met.

Workshops were excellent!

Following a review of your evaluation forms, **94%** of carers that attended said that they felt the event was either 'useful' or 'very useful' and **85%** said they felt more confident in understanding what a 'reasonable expectation' is when their relative or friend uses health, social care or other services.

It was good to share experiences with other carers.

Members

The next date for your diaries is 9 October 2014, the 16th AGM of Hillingdon Carers, followed by a Carers Forum meeting.

Please see the enclosed flier for more information.

Welcome Sally Chandler— Chief Executive



I am delighted to have this opportunity to introduce myself as the new Chief Executive of Hillingdon Carers.

I have a long-standing commitment to carers, having been part of the team that opened the Princess Royal Trust Salford Carers Centre in the 1990s. For the last ten years, I have worked for Manchester City Council's Age-friendly Manchester team and was formerly a senior sister in the Health Service

I am really keen to hear about the things that make life harder for you as a carer and what things help. Together we will ensure that we can continue to grow opportunities to support carers across the borough and find ways to overcome some of the enduring challenges that you face on a daily basis. I am delighted to be part of such a highly skilled team.

I look forward to meeting many of you and working with you to continue to raise the profile of your work and to ensure you are recognised, supported and valued for the positive contribution you make to your communities

Have a great summer

Sally



Donate now...

We estimate that there are around **26,000 unpaid carers** in the London Borough of Hillingdon. At Hillingdon Carers we aim to provide them with the support, advice and information necessary to assist them in their caring roles.



Information & Advice

Can you write a prize winning poem?

Our overall objective with this competition is to increase the level of interest in poetry and to encourage carers to start writing poetry for themselves, so it really doesn't matter what level you are currently at.

We want you to write a poem related in some way to **caring**, in any style -- it doesn't have to rhyme, maximum 40 lines long!

We are offering the encouragement of three small prizes -- **1st -£30, 2nd -£25 and 3rd-£20**; the judges are yet to be announced.

The copyright would remain with the authors, but Hillingdon Carers would have the right to publish the winners' poems in any and all of their printed and electronic publications, and perhaps in local newspapers, without further payment.

There's plenty of time to consider your thoughts; the deadline is **31 October 2014** and you may submit up to three poems to our office, marking the envelope **POETRY COMPETITION** or email: madeleine@hillingdoncarers.org.uk

Would you like to win £75

Hillingdon Carers would like a new image for the charity so we can move forward into the next five years. We are asking you to design a new logo that is a bright, colourful and contemporary, so be creative and design something different!



Entries must be submitted on A4 sized paper, **do not fold**, with name and contact details. Send it in an A4 envelope or email to Madeleine@hillingdoncarers.org.uk.

The design must be on white paper, should be original and unaided. Note: once accepted as the organisations logo it will become **copyright** to Hillingdon Carers only.

The winner will receive their prize along with a framed copy of their design that will be presented at the logo launch.

Entrants will be judged on the following criteria: layout, artistic merit, design innovation, imagination and creativity.

The closing date for entries is 15 September 2014.

Active Gold

CARERS FITNESS—All carers welcome Cardio, Leg, Bums & Tums, Dance & New Body

Every Thursday **11.00am—12.00noon** in Uxbridge
Light refreshments provided



CHAIR EXERCISE / YOGA— alternate weeks

Every Thursday **1.30 - 3.30pm** in Uxbridge
Light refreshments provided

WHIPNADE ZOO TRIP Tuesday 30th September

Call the office to register your interest



PAMPER DAYS—starting October 2014

Get your hair done or a beauty treatment for free.

Please telephone to register your interest.

HEALTH MOT DAYS

CNWL, CCG, British Red Cross, Telecare, Sports Development, Dental, Stroke Assoc, McMillan, Stop Smoking, Cancer Community Centre, HCIL, The Hillingdon Hospital Trust, Bowel Cancer Screening, London Ambulance, Healthwatch Hillingdon and Re-think Mental Illness.



Tuesday 19 August—Ickenham Village Hall, Swakeleys Road, Ickenham
12.00noon - 3.00pm

Tuesday 18 November—Yiewsley Methodist Church Hall, Fairfield Road, Yiewsley
10.00am - 1.00pm

Hillingdon Carers Christmas Party for families

This year we are able to offer a Christmas party to families who have children with disabilities and /or additional needs. This has been made possible due to generous donations.

Please call the office on 01895 811206 to register your Interest



Health & Wellbeing

Carers Training

Hillingdon Carers have developed a rolling programme of training sessions to support Carers in their caring role.

Caring for your back
First Aid Awareness
Wheelchair Safety
Life Story workshop
Tomorrow is another day - Dementia training



If you are interested please call Nicky on 01895 811206

Therapeutic Care with British Red Cross



The British Red Cross Therapeutic Care for Carers is designed to bring relief from stress and to encourage relaxation. This service is offered in pleasant surroundings with a gentle perfume of aromatherapy oils and the sound of soothing music assisting your relaxation.

If you are interested please contact Nadia or Jag on 01895 811206

Hillingdon Carers Cafés

Come and take a break, 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.

Northwood Carers Café 2.00 - 3.30pm
Emmanuel Church, High Street, Northwood
2nd Tuesday of every month
Parking available or buses 282, H11

Harefield Carers Café 1.30 - 3.00pm
St Mary's Church Hall, High Street, Harefield
Last Tuesday of every month
Parking available or bus 331

Uxbridge Carers Café 10.00am - 12.00noon
Room 7, Christ Church, Redford Way, Uxbridge
1st Monday of every month
Parking available or all buses and trains to Uxbridge

Hayes Carers Café 11.00am - 1.00pm
Hayes & Harlington Community Centre, Albert Road, Hayes
Last Thursday of every month
Parking available or buses U4, U5, 140, 195, 350, 90, E6, H98



Hillingdon Carers Health and Wellbeing Service
For more information contact the office on **01895 811206**

Registered Charity No. 1082297

Arts for Carers

All courses are provided FREE to Carers and are funded by Hillingdon Council's Arts for Carers project

Dare to Write

5 week course: Wed 10, 17 & 24 Sept, 1 & 8 Oct
10am-12pm in Ickenham.

As well as providing you with a comprehensive guide to all aspects of creative writing, this course will also show you how to use writing as a therapeutic tool.

Globe Theatre Tour & Exhibition, London.

Thurs 11 Sept

9.30am-3.15pm in London.

Escorted visit to the Globe Theatre for a guided tour of the theatre and visit to the exhibition.

Puppet Animations—Carers between 18-25 years

5 week course: Thurs 25 Sept, 2, 9, 16 & 23 Oct
10am-1pm West Drayton

This is a fun, hands on workshop designed for you to tell your own short story, using found materials, crafts and everyday objects. The workshop will end with you recording your puppet animation as a one-shot video.

Chinese Brush Painting

4 week course: Mon 29 Sept, 6, 13 & 20 Oct
10am-2pm Ruislip Manor.

Learn the ancient art of brush painting. An opportunity for carers who missed out last time

Crystal Beading for Gifts

3 week course: Tue 7, 14 & 21 Oct
10am-1pm Hayes.

Learn how to use crystal beads to design and create jewellery items such as earrings, rings, necklaces and bracelets.

Calligraphy & Paper Crafts

5 week course: Mon 3, 10, 17, 24 Nov & 1 Dec
10am-12 noon Ruislip Manor.

Create a variety of bags, tags and boxes to a Christmas theme and personalise with calligraphy.

Create a Silver Ring

2 week course: Thurs 6 & 13 Nov
10am-1pm Uxbridge.

Design and make a beautiful silver ring as a gift for someone or to keep for yourself.

Introduction to Cake Decorating

2 week course: Sat 10 & 17 Jan
10am-1pm Uxbridge.

Beginners' guide to the techniques of cake decoration.

Create a Sculpture

5 week course: Tue 13, 20, 27 Jan, 3 & 10 Feb
11am-2pm Harlington.

Model and carve clay to create a ceramic sculpture such as an animal using a selection of tools and discover various ways to finish your work.

Contact Hillingdon Carers 01895 811206 for further information and express your interest.

Young Carers

Our annual family fun day, held on 5th July 2014, was a resounding success with over 100 people coming along to take part in football, pool, art and Wii competitions as well as gladiator jousting! We would like to thank all the families who attended; it was great to see so many of you. We would also like to say a special thank you to all of our volunteers who helped out on the day; we couldn't have done it without you!

The Young Carers service is in for a busy summer holidays with 8 separate trips, 8 art and writing workshops (culminating in a mural paint up in Intu Shopping centre, Uxbridge) and 2 overnight residentials planned! Amongst others, we have trips to Chessington World of Adventures, the cinema, Chiltern Open Air Museum and Hillingdon Outdoor Activities Centre to look forward to.

We will also be taking 7 of our older Young Carers to stay overnight on a Dutch sailing barge along the Thames and 13 of our younger group to PGL activity centre in Hindhead Surrey..... lots of fun in the sun to be had!



A Big Thank You

Eastcote District Girlguiding £190, Nexen Petroleum £5000, Gee Damji Associates £200, Christ Church Uxbridge £500, Ancient Order of Forresters £1000, RAF Northolt £667, Accord, Ruislip Community Choir £480, Hadrians Wall walkers £1697, Individual donations totalling £75

The Board of Directors and Staff wish to thank all our funders, donators, fundraisers, volunteers, carers, professionals and members for their on going support to Hillingdon Carers and making it possible to continue to provide valuable services for Carers.

Also, not forgetting **Nova IT Solutions** and **Price Waterhouse Cooper** for their continuous support.

If you wish to donate to Hillingdon Carers, please contact the office 01895 811206



Customer Care

At Hillingdon Carers we try to give each Carer the very best service. Occasionally things can go wrong. If you have a complaint, which cannot be resolved by talking to the member of staff concerned, please phone **01895 811206** or write to the Chief Executive.

We welcome any suggestions, comments or improvements we can make to our services.

How to get in touch with Hillingdon Carers

By Post: 126 High Street, Uxbridge UB8 1JT

Telephone: 01895 811206

Advice Centre: 126 High Street, Uxbridge UB8 1JT

By Fax: 01895 258062

Email: office@hillingdoncarers.org.uk

Internet: www.hillingdoncarers.org.uk

Facebook: Hillingdon Carers

Twitter: @hillingdoncarer

Advice Centre Opening Times

Mon	10am - 2pm
Tues	10am - 4pm
Weds	10am - 4pm
Thurs	10am - 4pm
Fri	10am - 4pm

