

Autumn/Winter 2021

World War 2 hero honoured and helps carers



In late October, we were delighted to welcome our Deputy Mayor, Councillor Becky Haggar, Chair of Trustees, Dolores Lee, and an honoured guest , Armelle Thomas, to mark a special occasion at the Carers Centre.

Armelle is a Hillingdon resident, long-standing member of Carers Trust Hillingdon, a former carer and community activist. In October, she donated an extremely generous sum of money in memory of her late husband 'Tommy' Thomas. In Tommy's memory, we have re-named our cosy Counselling room 'Tommy's Room' and it was officially re-opened on 26 October when Armelle cut the ribbon and Councillor Haggar revealed the plaque honouring this incredible man.

Tommy was born in France in January 1922 and came to the UK aged 13. He volunteered for the Royal Air Force at RAF Uxbridge aged 17. He went on to train fighter pilots and, aged 21, he was transferred to 161 Special Duties Squadron at Tempsford because of his unique skill.

Tommy was a rear air gunner, in the most dangerous part of the aircraft.

His proudest time was being a Mail Pick-Up (MPU) operator on Lysander going into enemy territory to pick up mail attached to a line between two poles without landing. It is testament to his skill and bravery on these missions that vital intelligence was secured and contributed to the Allied Forces success in the D-Day landings. In recognition of his courage, he was awarded the Legion d'Honneur by the French Government in 1991.

Tommy left the RAF in 1946 and joined British European Airways (BEA) at Heathrow Airport where he met his wife of 46 years, Armelle.

We are humbled to have received such a generous donation and delighted to be able to mark the achievements of this remarkable man. Her donation means we can extend vital support to Hillingdon's carers through a programme of Hardship grants and the extension of our bereavement training and support for carers.

Support available for carers of adults with learning disability

Do you care for an adult with a learning disability?

Would you like the chance to talk to others that have the same challenges?

Hillingdon Parent Carer group has been meeting for around 30 years and is first and foremost a support group. It is open to all parent carers, siblings and other relatives of adults with learning disabilities in the London Borough of Hillingdon.

It provides a forum for carers to socialise, talk with others, listen to guest speakers and find out about the availability of various support services. One of the group's major attractions is that its members come from all over the borough and a wide range of backgrounds and ethnic groups. Its members consider it as 'a family of carers with common interests'.

During the meetings information is shared about relevant matters and forthcoming events which are of particular interest to members. Time is also given for members to have conversations, exchange tips and seek advice on individual matters of pressing concerns which they do not want to raise at the open session.



Meetings take place on the fourth Wednesday of each month at the Fassnidge Community Hall, Uxbridge between 10am and 12noon



Carefree – Short breaks for Carers



Carefree offers short breaks and holidays to full-time unpaid carers over the age of 21.

You can register yourself via their website www.carefreespace.org or Nadia at Carers Trust Hillingdon can help you to register. This will mean you will be kept updated as and when breaks become available. Please note that breaks generally book up quickly once they are publicised, so please bear with our Carefree colleagues as restrictions lift and new partners are found.

They look forward to welcoming you to the Carefree community!

Carer representatives needed

- **Have you sometimes wondered how decisions about carers' services are made?**
- **Would you like to use your experience of caring to influence priorities?**

The Carers Strategy group is convened by the Council and has representatives from across council departments, Childrens' Services, the GP Confederation, Hillingdon Clinical Commissioning group, Healthwatch and other Hillingdon charities.

The group meets four times per year to oversee how the multi-agency Carers Strategy is being delivered and holds all these services to account to ensure that supporting carers is an integral part of the way they work. We are looking for carers to attend the meetings to bring the broader carer perspective to the discussions.

**For an informal chat about the role, please
call our Chief Executive, Sally Chandler on:
01895 811206**



Carer-related benefits



Our skilled Advice team has secured over £2 million in carer benefits in the last three years and can help you to access Blue Badges, Council Tax discounts and much more.

Staff are happy to discuss your entitlements and help you to claim these. They can do most of this over the phone but are offering socially-distanced appointments if you genuinely need them.

Make an appointment today - 01895 811206

Free Legal Advice Clinics for carers



Local Law firm IBB has supported Carers Trust Hillingdon for many years. They continue to offer carers a free consultation via telephone on all legal matters to do with caring, such as Powers of Attorney, inheritance, paying for care and a whole range of other complex legal issues that caring can create.

◆ Appointments are made through Julie in our Advice team, please email: j.simmonds@carerstrusthillingdon.org or call the office on: **01895 811206**

IBB Law



Working for Carers



We appreciate that as a carer you might have been out of the job market for a while and might need support to boost your confidence and update your job searching skills.

Working for Carers is a London-wide project, led by Carers Trust, that supports unpaid carers, aged 25 or over, to move closer to employment. Our experienced advisors will offer advice and help you to gain new skills to get you back to work

Learn more from their video: www.youtube.com/watch?v=0aYD2ZuZ29s

Fact sheets and information



We have now reviewed and re-published a whole range of Fact sheets for carers. They cover a broad range of topics from information about our services, your health and your rights as carers. We can post these to you, you can visit our Advice Centre on the High Street in Uxbridge (opposite Tesco) or you can download the factsheets from our website:

www.carerstrusthillingdon.org/fact-sheets/

We also carry a great range of information from other organisations which might be able to help you with caring and we can refer you to them if you wish

Calling all culture vultures - let's get creative!

Christmas Cake icing and decorating

Fridays 3, 10 and 17 December
10am -12.30pm – sessions over zoom

Learn techniques using icing and make your own festive decorations



Make-Up and Skincare

Wednesday 9, 16 and 23 March 2022

Brookfield Learning Centre, Uxbridge
time to be confirmed

Taking care of your personal appearance can boost your self-esteem and confidence, but the amount of skincare and makeup products available on the market can seem overwhelming!

In this three-week course you will learn simple techniques for looking after your skin and how to apply makeup for everyday wear.

You will also discover tips and tricks for special occasions when you want to look your best!



Carer Painting Group

1st and 3rd Thursday morning each month
at the Carers Centre and over Zoom

**- pick your medium in more ways
than one!**

This independent group provides a chance to get together with others and enjoy drawing, painting or whatever you feel like at the time whilst having a chat and a cuppa.



Carer Book Club

A book club is a **reading group**, usually consisting of a number of people who read and talk about books based on a topic or a pre-agreed reading list.

Due to the popularity of our current group, we are considering establishing a second Book Club for carers.

If this interests you
(whether in person or over zoom)
please let us know



Interior design / Feng Shui

4 week course May/June 2022

This will be a face –to–face course.
Details and dates coming soon!

Coming in 2022:

Tips and plans for your garden

4 weeks at RA Garden Centre

Let's get knitting

5 weeks at Brookfield Adult Learning Centre

Learn to draw and paint

4 weeks at Brookfield Adult Learning Centre

Spanish for Beginners

6 Winter evenings over zoom

To express an interest in any of our **Wellbeing activities**, or to find out more,
please contact Lynne or Nadia in the Wellbeing team by email:

wellbeing@carerstrusthillingdon.org

or by phone Monday-Wednesday: **01895 811206**

Improve your skills

**LEARNING
CARERS
TRUST**

First Aid

**Wednesday 17 November, 10am-12.30pm
Fassnidge Hall, Uxbridge**

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

This session will cover basic life support, using a defibrillator, dealing with head injuries and burns as well as helping you to decide whether you need to go to the GP or A&E

Feeling Stressed?

**Monday 15 November, 1.30-3pm
over zoom**

Are you finding that things are getting on top of you? Learn how to put holes in your stress bucket to feel less overwhelmed.

IT Surgeries

Are you struggling with a particular IT issue but don't want to start a course?

Come to the Carers Centre for 1:1 support from Chris, our IT volunteer, whilst you use your own laptop or tablet.

Contact Lynne to make an appointment.

Get to know your computer better

February 2022

Brookfield Adult Learning Centre, Uxbridge

Suitable for beginners or those who lack confidence, you will learn how to use email. Learn to set up an email account, send, store, unsubscribe and delete emails. You will also learn how to create and save Word documents.



Coming in Spring 2022

Getting the best out of your smartphone

Brookfield Adult Learning Centre

In one session learn how to download apps, create Whatsapp groups, check emails or track the distance you walk to mention a few of the new skills on offer.

Managing Me

Wednesday 23 February-16 March, 10:30am-12noon over zoom

We will cover how you can look after yourself and help you manage day-to-day stresses, worries and moods as well as increase your motivation and confidence.

Changing relationships

Tuesday 3 and 10 May, 1:30-3pm over zoom

Are you struggling to communicate with the person you care for, or other family members? We will look at the shift in relationships as the caring role changes and how to deal with the changes.

**IN THE
PINK
WITH
CARERS
TRUST**

Get fit, stay active!

Exercise classes

We offer fun, energetic exercise groups on a weekly basis which both you, the carer, and the person you care for can get involved in.

Watts Hall, Christ Church, Uxbridge, every Thursday 1:30-3pm

Alternate weeks: Chair with Alison / **Yoga** with Jodi

For more information contact **Madhuri** on **07740 433472**



Carer Cafes - make time for a coffee and chat

**STAY
SOCIAL
WITH
CARERS
TRUST**

Good news!!

Our popular Cafes are back face-to-face, we are looking forward to seeing you again. Meet up with old friends or come along to make new ones

Uxbridge Café

Fassnidge Memorial Hall

First Monday of the month, 10am-12noon

Northwood Café

Emmanuel Church

Second Tuesday of the month, 2–3.30pm

Ruislip Café

Ruislip Manor Methodist Church

Third Monday of the month, 2–3.30pm

Hayes Café

Hayes & Harlington Community Centre

Last Thursday of the month, 11am-1pm



**LOOK
AFTER
YOURSELF
WITH
CARERS
TRUST**

Looking after yourself

Wellbeing Check-in

Thursday 25 November, 11am-12noon over zoom

**Harlington
Hospice**

Join us for an hour long check in, addressing your health and wellbeing with an interactive session incorporating meditation and Tai Chi practices.

Pamper evening session, aptly named 'And so to Bed'

Thursday 2 December 7:30pm on zoom, facilitated by Temple Spa

You will be using soothing skin products aimed at promoting rest, relaxation and hopefully a good night's sleep. Sample products will be sent directly to you at home so you can join in with the session. These sessions are hugely popular so please book early.



Anxiety and Stress release

Thursday 27th January 2022, 10.30am -12pm

As the year ahead starts to unfold, gain strategies to improve your mental wellbeing and deal with the most challenging of circumstances. Arm yourself with various strategies which will improve your resilience and help cultivate more positive emotions on a daily basis.

The session will conclude with some gentle exercise and breath work using a fusion of Tai Chi and Qi Gong, to bring relaxation into the body and have participants feeling rejuvenated.

It is a 1 hour workshop with 30 minutes exercise.

As ever, please register your interest at wellbeing@carerstrusthillingdon.org

Free PPE for carers

The government is continuing the offer of free Personal Protective Equipment (PPE) for unpaid carers and we have a regular supply from the Council.

Please contact Carers Trust Hillingdon on **01895 811206**
if you require aprons, masks, gloves or face shields.

We can also provide you with guidance on when PPE should be used.

Preparing to care for someone towards the end of their life

You might be caring for someone who has a critical diagnosis or naturally nearing the end of their life and want to know what the future might hold and how to deal with it. We offer three workshops over zoom covering different stages of end of life care to help you learn about grief and where to access professional support.

Understanding palliative care

Wednesday 24 November, 10am-12noon over zoom

We will provide the practical things you need to know, the chance to discuss your feelings and how to start planning for what happens next.

Caring for a loved one in the home at the end of their life

Wednesday 1 December, 10am-12noon over zoom

We will talk about the practical skills you will need to care at home and when to seek help.
We will also talk about where you can receive emotional support and how you might support your family

Dealing with Death

Wednesday 8 December, 10am-12noon over zoom

We will offer you strategies to cope with the emotions you will face as well as focus on the practical actions you will need to take.



Please contact Lynne on
01895 811206 or
email wellbeing@carerstrusthillington.org
to reserve your place



When caring ends - Bereavement Cafes for former carers

We recognise the range of emotions you go through when losing a loved one and the person you care for. We have Bereavement Cafes to provide a social opportunity and help support you through these changing times.

Uxbridge – second Wednesday of the month, 1.30-3pm

Northwood Hills – last Tuesday of the month, 1.30-3pm

We also work in partnership with **Bereavement Care Harrow** who can offer you the support of a Bereavement Visitor or invite you to a Bereavement Support Group

Hillingdon Carers Partnership

Working together for unpaid carers



Specialist Dementia support



The service offers one-to-one support to people with dementia and their carers, which can be provided face-to-face, over the telephone or via written communication. The team also offers a home-visiting service for those families that might struggle to get out of the house.

Templeton Café

Fortnightly on Tuesdays, 11am-12:30pm, Joel Street, Northwood, HA6 1NL

Contact Madhuri on **07740 433472** or Julia on **07803 115535**



HILLINGDON
LONDON

For all activities detailed below please email:
s.durner@hillingdon.gov.uk or phone: **01895 277137**



HILLINGDON
LONDON

Become a Dementia Friend

A national initiative launched by the Alzheimer's Society, in partnership with Public Health England, to help people develop the understanding of dementia. The Local Authority hold training sessions throughout the year. Next sessions are:

10 November 2021 20 January 2022 4 February 2022

Sessions are held online with Microsoft Teams

Dementia Friends Coffee Mornings—London Borough of Hillingdon

Botwell Library Thursdays, 11am-12noon	Harefield Library Wednesdays, 2:30-3:30pm	Ruislip Manor Library Wednesdays, 2:30-3:30pm
Northwood Hills Library Tuesdays, 2:30-3:30pm	Oak Farm Library Thursdays, 2-3pm	Uxbridge Library Tuesdays, 10-11am & 11:30am-12:30pm
West Drayton Thursdays, 2-3pm	Yeading Library Tuesdays, 2-3pm	Contact Sarah Durner 01895 277137

Other Dementia activities

Reminiscence sessions Mondays 2:2:40pm Walking Tennis Tuesdays 1:2pm Forget-Me-Not FC, Walking football Friday 11am Dementia Friendly Golf Every other Monday 10am-12noon	Dementia-friendly Film screenings, 2022 These are shown in a safe and relaxed environment with free tea and biscuits plus the opportunity to meet others and talk about the film Every Monday, tickets £4—carer entry free of charge 1 January: There's No Business like Show Business 14 March: Easter Parade 16 May: On The Town 3 August: Calamity Jane
--	--

Mental Health Carer Support Programme

Autumn / Winter Workshops

Poetry - an emotional first aid box

Friday 26 November, 1:30pm-3pm at Hillingdon Carers Centre, Uxbridge

A meet-up for those who use or would like to use poetry to support their sense of wellbeing and mental health

Psychotherapy Group

Mondays from 1 November, 1-2:30pm

Coffee & Chat

Fridays, 1pm-2:30pm

To book on any of the sessions please email: Judith@hillingdonmind.org.uk



Therapeutic Care Service



Our Therapeutic Care service is a particular favourite with carers and offers a great programme of activities that can help you to unwind, have some 'you' time and also to learn some strategies for managing life's stresses and strains.



For more information about forthcoming opportunities please contact Nadia: wellbeing@carerstrusthillingdon.org



Carers Short Breaks Service

giving carers a break from their caring responsibilities



The Carers Short Breaks service provides you with the opportunity to have a break from your caring role safe in the knowledge that your loved one is being cared for by someone with the appropriate training, skills and experience. Harlington Care's excellent care staff can:

- Take your loved one on social outings such as places of interest, lunch or walks
- Carry out personal care needs
- Support your loved one in the home if they can't get out
- Take them to local social groups, dementia cafes or libraries
- Create supportive and friendly relationships but also promote independence wherever possible

For more information or to check if you are eligible for this services, please call Kellie Byers at **Harlington Care** on **01895 258888**

Other activities for carers...

Laughter Yoga Wednesdays, 11am on Zoom

St John's United Reform Church, Northwood's **Activities4You** are bringing smiles to faces and are inviting carers to join in with 'Laughter Yoga' sessions they organise. The sessions are for 20 minutes combining breath work, stretches and laughter followed by relaxation.

Creative Writing 1st and 3rd Tuesdays on Zoom

Activities4You are also calling all writers, especially those who are new to writing and interested in writing their own journal. Sessions provide the support and incentive to get creativity flowing enabling everyone to share in the enjoyment of writing.

For more information email: communityenhancer@gmail.com

London Borough of Hillingdon-led walks

Increase your heart rate and improve your health and wellbeing with free led walks. The local authority volunteer-led walks take place Monday to Saturday across the borough and are a great way to meet people and explore Hillingdon's beautiful green spaces.

New walks and dates have been added for Autumn/Winter 2021 and you can book on here:

<https://discover.hillingdon.gov.uk/led-walks>



Walking Football

Sign up for free walking football sessions. Take part in as many sessions as you like.

Spaces are limited so book early

To book your place email: sdurner@hillington.gov.uk

UXBRIDGE Hillingdon Leisure Centre

Mens Football

Wednesdays, 10:11am

29 Sept-15 Dec 2021

5 Jan-23 March 2022

Family Football

Fridays, 3:30-4:30pm

14 Feb-18 Feb 2022 (5days)

HAYES Botwell Leisure Centre

Women & Girls Football

Monday 4-5pm

11 Oct-13 Dec 2021

10 Jan-14 March 2022

Mens Football

30 Sept-16 Dec 2021

6 Jan-24 Mar 2022

Family Football

Monday 2:30-3pm

14 Feb-18 Feb 2022 (5 Days)



HILLINGDON
LONDON



Do you have experience of safeguarding?

Read on for details of an opportunity to make your voice heard...

Do you have 'lived' experience of safeguarding, either personally or supporting a loved one?

Would you like to have an impact on the future of safeguarding in Hillingdon?

Hillingdon's Safeguarding Adults Board is looking for volunteers and representatives.

Through the Hillingdon Safeguarding Adults Board (SAB), and the London SAB, representatives are being sought to ensure people with lived experience of safeguarding and their voices are at the heart of safeguarding governance and practice in Hillingdon and across London.

Who are we looking for?

We are seeking people from all walks of life, with differing levels and types of lived experience of safeguarding, either personally, as a family member or a carer. This will be your opportunity to make a real difference to future safeguarding practices in London.

Will I be supported?

You will be supported to ensure you have the confidence to make a meaningful contribution and we hope that you enjoy the experience.

What will I get from the role?

The opportunity to contribute to:

- Influencing the 'Making Safeguarding Personal' regional agenda
- Influencing safeguarding practices across London
- Developing safeguarding services for the future
- Improving people's experience of safeguarding

There are opportunities both locally in Hillingdon, and as part of a wider group for all London residents. To find out more about the opportunities contact the Hillingdon Safeguarding Partnership Team on:

01895 277855

or register your interest at:

<https://healthwatchhillington.org.uk/SABForm>



For those carers without a computer, laptop, tablet or smartphone, accessing the internet can be difficult.

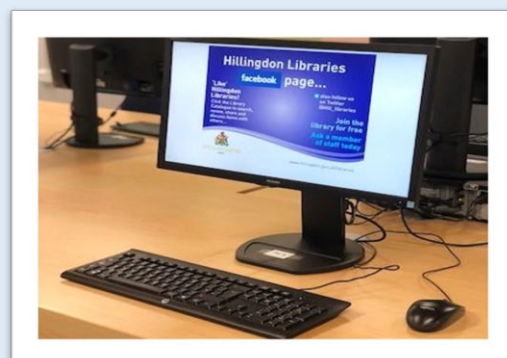
Did you know...

All the libraries in the London Borough of Hillingdon have a number of computers available for members of the public to use

All libraries have had a COVID Risk Assessment carried out in their premises and have windows open for fresh air to circulate.



Book a computer via any one of the boroughs libraries. You will need a Hillingdon First Card. Library members can use the express computers, which provide a self service for short drop-in sessions.



Become a library member by setting up your Hillingdon First Card to use as a library card. You will need to take to the library:

- an official ID document, such as a passport or driving license
- proof of your current address, such as a recent household bill

If you don't have a Hillingdon First Card, you can still access their computers using a **Guest Login** at the library, this will allow you up to 2 hours browsing.

Please see library staff for more information.

Please note:

We ask all carers to note that the information in Carers News was correct at the time of going to print, however, in an uncertain world, we ask that you check before you travel as we will be keeping an eye on government guidelines and might have to make last minute changes.

We are looking forward to seeing you all again!