

# Carers News

Winter 2014

# A brand new look!

## Carers help to choose a new image for Hillingdon Carers

Whilst our current logo has served us valiantly for nineteen years, we felt it was time for a new and contemporary look for Hillingdon Carers. We've been out and about getting the views of you, the carers, as well as our staff, volunteers, trustees, and young carers about how best to improve our branding. After taking your votes on the possible designs, and a slight re-jig of the most popular choice, we have chosen the new logo and are delighted with the result!

The newsletter has also received a renovation (hopefully you can tell!) as we look to modernise our image. If you have any suggestions for articles, areas of interest, or thoughts about some of those sticky caring issues that you'd like covered in the newsletter then please let us know. We'd love to hear your thoughts.



*A member of the Carers' Forum helping us with our branding*

# Coming soon . . .

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

## Fancy a brew?

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

**Northwood:** Emmanuel Church, High Street, Northwood  
2:00pm-3:30pm – 13 Jan, 10 Feb, 10 Mar, 14 Apr

**Harefield:** St Marys Hall, High Street, Harefield  
1:30pm- 3:00pm – 27 Jan, 24 Feb, 24 Mar, 28 Apr

**Uxbridge:** Christchurch, Redford Way, Uxbridge  
10:00am-12:00 noon – 5 Jan, 2 Feb, 2 Mar, 6 Apr

**Hayes:** Hayes and Harlington Community Centre, Hayes  
11:00am-1:00pm – 11 Dec, 29 Jan, 26 Feb, 26 Mar, 30 Apr

“I am a carer for my husband who has dementia. The Thursday sessions give us the opportunity to do something positive together.”

## Feeling creative?

### New art sessions for carers



Forget about the world for a couple of hours and lose yourself in our new arts sessions:

#### Acrylic painting

Have fun experimenting with acrylic paints and learn basic acrylic techniques.

**Uxbridge:** Thursdays, 10:00am-1:00pm  
15, 22 and 29 Jan, 5 and 12 Feb

#### Have fun with textiles

Make your own summer hat and tote bag on this fun and creative textiles course.

**Uxbridge:** Tuesdays, 10:00am-12:30pm  
24 Feb and 3, 10, 17 and 24 Mar

#### Acoustic guitar for beginners

Designed to encourage learners to have fun with music, you will be given a free guitar and soft case – yours to keep at the end of the course! X Factor here we come!

**Harlington:** Wednesdays, 12:00 noon-2:00pm  
7, 14, 21 and 28 Jan, 4 and 11 Feb

#### Singing for fun

Enjoy some well-deserved ‘me’ time by joining in some light-hearted group singing.

**Ruislip Manor:** Tuesdays, 12:00 noon-2:00pm  
20 and 27 Jan, 3 and 10 Feb

## A Grand Day out at Beaulieu (March 2015)



Beautiful Beaulieu

A fantastic day out is to be had at Beaulieu whether your interest is in motoring, stately homes, historic buildings or beautiful gardens.

Please contact us if this Spring time trip is one for you.

## Get fit, get active in Uxbridge

As carers, you know best about the different strains that a caring role can demand of you. However, we have a range of exercise sessions that are fun, friendly, and a great way of combating some of the aches, pains and tiredness.

So why not come along to one of our Active Gold sessions that are reserved especially for carers? Tea, coffee, and biscuits will also be provided in the afternoon sessions as a little treat. Please have a look at the options below – we have something to suit all abilities:

- **Carers Fitness**  
Every Thursday morning, 11:00am - 12:00 noon
- **Yoga for all abilities**  
Alternate Thursdays, 1:30pm - 3:30pm
- **Chair-based exercise**  
Alternate Thursdays, 1:30pm - 3:30pm

## Relax and unwind



We know that you all need time to yourselves to step away from your caring role for some well deserved ‘me time’. Why not sign up for a gentle massage through our therapeutic care service with the British Red Cross?

Trained volunteers deliver treatments consisting of basic hand, arm and shoulder massage. You can also have a light sandwich lunch, a good chat with other carers or some individual support from our staff.

Sessions take place every Wednesday (alternating between Ruislip Manor and Hayes) and we can offer you a six-week course.

# Other News . . .

What we've been up to

## Whipsnade Zoo

In late September a group of 30 carers had a grand day out at Whipsnade Zoo. A carer takes up the story:

"I call days like this 'my holiday'; I haven't been on holiday for more than 20 years.

Hillingdon Carers were the first people to recognise me as a carer after 20 years; my GP didn't even do that.

A day off, knowing mum is safe, is wonderful and I got to see a family friend at the zoo, she is a keeper there. It was a total change of scene away from the phone and away from the stresses at home.

Returning back I felt that the cobwebs had been blown away and I had had some 'me' time. It was nice to be an adult and not mum's carer for the day, it boosts the spirit greatly."

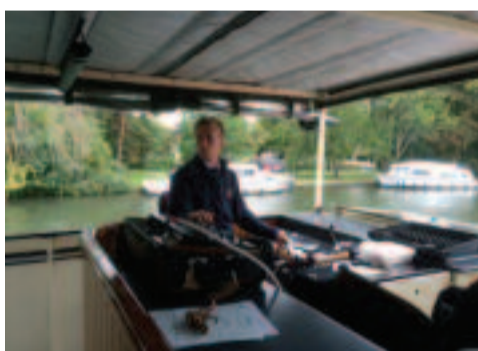
We regularly have days out for carers.



*Enjoying a day at the zoo*

## All aboard!

In September, a group of carers enjoyed a coach trip to Windsor with a few hours stroll around the town or castle, followed by a two-hour river cruise with lunch.



*Chilling on the Thames*

“I really felt relaxed after the trip, so much so that I fell asleep on the coach on the way home!”

## AGM and Carers' Forum

Close to 100 people attended Hillingdon Carer's 18th Annual General Meeting and Carers' Forum in October.

The event was opened by the Worshipful the Mayor of Hillingdon, Councillor Catherine Dann and feedback from carers has been very positive. Our guest speaker, Chris Dingley from Collective Legal Solutions, covered some tough and emotive subjects – inheritance tax, wills, and paying for care – and managed to have the whole audience in laughter. Being informative and entertaining on this subject was quite an achievement!

We also received an update from the Director of Adult Social Care, Tony Zaman, after which both guest speakers answered some of your questions.



## Caring with Confidence

Our colleagues at Harlington Hospice offer free sessions for carers that are designed to help you with your caring role. They even offer to look after the person you care for whilst you learn, allowing you to relax with other carers and enjoy the sessions.

There are seven sessions on offer:

- Caring and coping
- Caring and resources
- Caring and me
- Caring and life
- Caring day-to-day
- Caring and dementia
- Caring and communicating

For more details or to express an interest please contact Harlington Hospice on:

Telephone: **020 8759 0453**

or email: [dmorgan@harlingtonhospice.com](mailto:dmorgan@harlingtonhospice.com)

## DONATE NOW . . .

General Census data tells us 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.

## Create-ive kids!

It's not often that kids are encouraged to paint on walls in public spaces! This summer, a group of our young carers had the privilege of doing just that thanks to arts charity, Create.

During the school holidays, a group of 15 budding artists worked with a professional author who helped them to write a story over a series of workshops. With the assistance of an artist, this gripping tale – following the theme of “through the wardrobe” – was translated into artwork and the group were let loose with paint brushes to form a large mural in the Intu Shopping Centre, Uxbridge.

The outcome is brilliant! Why not go along and have a look for yourself? It can be found on the bottom floor of the Intu Centre between Debenhams and New Look.

The young carers involved all agreed that they felt very proud of the mural and were really keen to show all their friends and family the finished product.



## Are you an unpaid carer? Pass it on

There are around 26,000 carers in Hillingdon, nearly 6,000 of whom are providing over 50 hours care per week.

Here at Hillingdon Carers, we are currently in touch with around 18% of the borough's carers and are trying hard to find and support many more.

### You can help!

When you have read (and hopefully enjoyed) this newsletter, please pass it on to a friend, relative or neighbour who you think might be caring for someone else. As we all know, many people don't recognise themselves as carers and therefore don't get the help they deserve. Help us to spread the word.

### How to get in touch with Hillingdon Carers

**Address:** 126 High Street, Uxbridge UB8 1JT  
**Telephone:** 01895 811206  
**Fax:** 01895 258062  
**Email:** office@hillingdoncarers.org.uk  
**Internet:** www.hillingdoncarers.org.uk  
**Facebook:** Hillingdon Carers  
**Twitter:** @hillingdoncarer

Advice Centre Opening Times	
Monday	10:00am - 2:00pm
Tuesday	10:00am - 4:00pm
Wednesday	10:00am - 4:00pm
Thursday	10:00am - 4:00pm
Friday	10:00am - 4:00pm

## Announcing a new club up north . . . of the borough

As you may have noticed, a new young carers club has joined the roster!

We are delighted to announce the new after-school club at Northwood Young People's Centre, thanks to funding from Comic Relief.

The centre boasts fantastic facilities, including: a sports hall, kitchen, games console, computer area, pool tables and table tennis tables.

For more information on our clubs, school holiday fun and trips, or for anything else regarding our services, please call the Young Carers team.

## In the club

Our young carer's clubs continue to grow in popularity – we're currently experiencing an average of more than 60 young carers a week over our three locations.

On Saturday mornings, the halls of Harlington Youth Centre ring to the sound of the young people enjoying a great variety of things: from art to IT, cookery to computers and music to manicures.

Clubs run:

- **Harlington Young People's Centre**  
Saturdays: (All year)  
10:30am - 1:00pm  
Please note:  
Alternate age groups (5-9 year olds and 10-18 year olds) each week.
- **After-school club, Northwood Young People's Centre**  
Mondays: (Fortnightly, term-time only)  
3:30pm - 6:00pm  
Please note: This club runs every two weeks (for ages 9-18).
- **After-school club, South Ruislip Young People's Centre**  
Tuesdays: (Term-time only)  
3:30pm - 6:00pm (for ages 9-18).