

## Celebrating Hillingdon's amazing young carers!



In March, Hillingdon's fabulous young carers were recognised at a glitzy award ceremony at the Beck Theatre. Attended by over 200 guests, with awards sponsored by generous local businesses, the evening went with a bang! The event was made possible through a grant from our national body, Carers Trust, which enabled the team to lay on a fabulous spread, as well as providing goody bags for all the young and young adult carers that attended. We were also delighted to welcome local dignitaries, including the Worshipful, the Mayor of Hillingdon, Councillor Becky Haggard and Leader of the Council, Councillor Ian Edwards. We are so proud of all the fabulous young people providing care and support to their families, you are all amazing!

**"Many thanks to your amazing sponsors! The raffle prizes and goody bags were out of this world! I had two very happy and excited children yesterday." (Parent)**

**"I am exceptionally proud of all our students and the young carers being honoured last night, which was without a doubt a very emotional and humbling experience." (Oakwood School)**

**Supporting Young Carers Action Day 2023 #YCAD2023**

**Upcoming event - SAVE THE DATE**

**Hillingdon Carers' Fair**

**Tuesday 6 June, 10am-4pm, The Pavilions, Uxbridge**

**LOCAL  
SERVICES  
CARERS  
TRUST**

# Information and advice

## Advice, information and carer-related benefits

Our experienced and dedicated Advice team provides a comprehensive information and advice service for carers and offer a full Welfare Benefits check. They are happy to discuss your entitlements and how they can help to claim these. Home visits are available for housebound carers and advice is also available in Hindi, Gujarati, Punjabi and Urdu. If English is not your 1st language, please contact the team via the contact details at the bottom of this page and ask for Pami Singh.

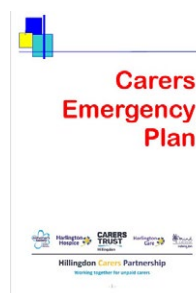
## Free Legal Advice clinics



IBB law continues to provide unpaid carers with a free 30-minute legal advice telephone consultation on all legal matters such as Power of Attorney or inheritance tax, and can sometimes help with Family Law. Appointments must be made via the Advice team at Carers Trust Hillingdon. Please use the contact details below and ask for Julie Simmonds.

## What is an emergency care plan for carers?

A Carers Emergency Plan is a useful document that provides key information about your caring role and the person you support. Should you become unwell yourself, or be unable to care for whatever reason, the plan clearly states exactly what needs to be done if somebody else needs to take over. The team at Carers Trust Hillingdon can help you to complete this. Make an appointment today.



## Out and about during the summer

Our website has new information for carers wanting to take the person they care for out for a physical experience or for some time out from the home environment. Whether it be an attraction, cinema or theatre, many places allow carers free access when taking the person they care for. Find out more at: [www.carerstrusthillington.org/adult-carer#outandabout](http://www.carerstrusthillington.org/adult-carer#outandabout)

## Need a Blue Badge?

Do you struggle to park near enough to shops or other facilities with the person you care for? Do they have limited mobility or health issues that prevent them walking too far? If so, you might be eligible to apply for a Blue Badge. Contact the team to get more information about the application process.

# Caring at the end of life

## Preparing to care for someone towards the end of their life

Are you caring for someone who is at or nearing the end of their life? We offer four workshops, delivered over Zoom and in person, to help you to understand palliative care and how to care in the home at the end of life. The workshops are facilitated by skilled health professionals, with a psychotherapist on hand at each session.

## Understanding palliative care

**Wednesday 26 April and 16 August 2-4pm, Zoom**

Covering the things you need to know when a loved one receives a palliative diagnosis. Introducing topics like advance care planning, Do Not Resuscitate (DNR) decisions, hospice care and sources of support in Hillingdon and how to access them.

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

**Wednesday 3 May and 23 August 2-4pm, Michael Sobell Hospice**

Offering the practical skills you will need to care at home, with demonstrations by health professionals and a chance to practice.

## Dealing with death

**Wednesday 10 May and 30 August 2-4pm, Zoom**

Looking at practical actions you will need to take when someone dies, as well as offering strategies to cope with the emotions you are likely to face and help to access other support.

## Introduction to complementary therapies

**Wednesday 7 June and 6 September 2-4pm, Michael Sobell Hospice**

This session will teach you how to utilise complementary therapies like therapeutic touch, essential oils and breath work to help both yourself and the person you care for.

## When caring ends

We understand how difficult it can be to lose the person you care for, and we want to offer help. We have a café called 'The Robins', which takes place on the second Wednesday of the month, in Uxbridge, specifically for carers who have lost the person they care for.

We also organise visits to places of interest across the borough.

We have a yoga group for bereaved carers, which takes place on the 4th Tuesday of the month, in Uxbridge.





## Carers Cafes

**STAY  
SOCIAL  
WITH  
CARERS  
TRUST**

Come along and meet other carers for a friendly chat.

<b>Uxbridge -</b>	1st Monday morning of each month
<b>Northwood -</b>	2nd Tuesday afternoon of each month
<b>Ruislip Manor -</b>	3rd Monday afternoon of each month
<b>Hayes -</b>	last Thursday morning of each month



## Arts and hobbies for carers

**CREATIVITY  
CARERS  
TRUST**

### Spring into summer with the great outdoors!

#### Divide and enjoy – make your plants go further

Thursday 18 May, 10am-12:30pm, Ruislip or Tuesday 23 May, Rural Activities Garden Centre (RAGC)  
Learn how to take cuttings and plant elsewhere in your garden or patio pots.

#### Create your own herb garden

Tuesday 13 June, 10am-12:30pm, RAGC  
Learn how to create a herb garden and use in your cooking.

#### Supermarket flowers – from shelf to gift

Monday 10 July 11am-1pm on Zoom  
Create a beautiful bouquet from everyday supermarket flowers.



## Caring day to day

**LEARNING  
CARERS  
TRUST**

### Falls prevention and assisting people with reduced mobility

Tuesday 25 April, 10am-12:30pm, Uxbridge  
Consider some of the causes of falls and ways you can help reduce the risk. We will also look at maintaining strength and movement plus how you can assist others.

### Inheritance Tax and IHT Planning: the basics

Wednesday 3 May, 10:30am-12:30pm, Uxbridge  
We will talk about how IHT is charged generally on an estate and cover the various exceptions and exemptions which are available during one's lifetime and on death.

### Care Homes explained

Saturday 10 June, 10am-12:30pm, Uxbridge  
Learn what care homes offer; what to look for on visits including premises and staffing, and considerations to take into account about paying for care.

### Your Home or Care Home?

Saturday 8 July 10:30am-12:30pm Northwood  
Are you worrying about the future and considering a Care Home for your loved one?  
We will talk about your feelings and draw strength from each other to help with your decisions.



Stay up to date with up and coming events through our monthly Carer Catch-up emails. Register for these via the Wellbeing team



# Time for you

**LOOK  
AFTER  
YOURSELF  
WITH  
CARERS  
TRUST**

## Being enough - finding self acceptance

**Wednesday 26 April, 12:30-3:30pm, Uxbridge**

Being a carer can make us feel like we are just “not enough” and, if left, can lower our mood and self-esteem over time. Join this interactive workshop where we will unpick these negative thoughts and replace them with self-compassion, self-acceptance, and a recognition that you are more than enough.

## Forest Therapy Walk

**Wednesday 7 June, 1:15 - 3:30 pm, Ruislip Lido**

The practices of Forest Therapy ( Known as Shinrin-Yoku in Japan) and Forest Bathing are ways of immersing our senses in the atmosphere of the forest for relaxation and positive health and wellness benefits.

## Your wellbeing

**Dates and venues to be confirmed**

Focus on your wellbeing using different techniques to unwind and de-stress - breath work, different relaxation techniques, awakening and winding down the senses with different fragrances.

## Exercise and be social

**Thursdays, 1:30-3pm, Uxbridge**

Come and “workout” on Thursday afternoons with time for refreshments and chat afterwards. You can bring the person you care for.

- **Chair Exercise with Alison** (alternate weeks) involves gentle stretching exercises
- **Yoga with Jodi** (alternate weeks) keeps you mobile and your body flexible

**IN THE  
PINK  
WITH  
CARERS  
TRUST**

## Hillingdon Led-walks

**Tuesday 2 May, meeting at 10.50am Uxbridge Library**

Enjoy some exercise and social time outdoors by joining in with a selection of different led walks around the borough, there will be a walk to suit all levels!



## WE WANT TO HEAR FROM YOU!

**Please let us know if you would like to join the following Workshop or Courses. Tell us if you are interested in:**

- |                                |   |
|--------------------------------|---|
| * <b>Crochet and stitching</b> | * <b>Health awareness</b>                       |
| * <b>Painting and drawing</b>  | * <b>Understanding and managing medications</b> |
| * <b>Clay modelling</b>        | * <b>First Aid</b>                              |
| * <b>Cooking for men</b>       | * <b>IT—phone, tablets and emails</b>           |

For more information on activities or to book a session call Lynne or Nadia on 01895 811206 or email: [wellbeing@carerstrusthillingdon.org](mailto:wellbeing@carerstrusthillingdon.org)

**HEALTH  
AND  
WELLBEING  
CARERS  
TRUST**

## Mental Health Carer Support programme

### **Mental Health Carers' Coffee and chat**

The carers' group runs weekly on zoom from 2-3:30pm on Friday afternoons.

For more information and joining details please contact: [evelyn@hillingdonmind.org.uk](mailto:evelyn@hillingdonmind.org.uk)

### **The Self-Help Book Book-Club**

A monthly meet-up where members are invited to share books (fact or fiction) that have made a difference to their lives and wellbeing

1:30-3pm, Friday 28 April, Friday 2 June, Friday 7 July, Friday 4 August, Friday 1 September

Location: Carers Centre meeting room or the Mind allotment during fine weather

### **Poetry Group**

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

1:30-3:00pm, Friday 21 April, Friday 19 May, Friday 16 June, Friday 14 July, Friday 11 August, Friday 8 September

Location: Hillingdon Mind allotment space (or the Carers Centre meeting room in case of poor weather)

### **Forest Therapy**

Held on the first Wednesday of each month 1:30-3:30pm

The practises of Forest Bathing (known as Shinrin-Yoku in Japan) and Forest Therapy are ways of immersing our senses in the atmosphere of the forest for relaxation and positive health and wellness benefits Location: Langley Park (\* in June and November we will meet at a different venue TBC)

### **Summer Mindfulness Breaks: tea and cloud watching at the Mind allotment**

Cloud watching is a wonderful way to lift your eyes and thoughts up and away from your everyday concerns and responsibilities by concentrating and paying attention to the present moment and place.

1:30-3:00pm, Wednesday 19 July or 16 August. Location: Hillingdon Mind allotment space (weather dependent)





# Hillingdon Carers Partnership

**RESPITE  
CARE  
CARERS  
TRUST**

## Carers Short Breaks service

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 and 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 relationships but also promote independence wherever possible

For carers with high needs respite/replacement care might be provided free for a few hours per week.

For an assessment or to learn more contact Kellie: [kbyers@harlingtoncare.org](mailto:kbyers@harlingtoncare.org) | 020 8759 0453

## Dementia Support service

**DEMENTIA  
SUPPORT  
CARERS  
TRUST**

Alzheimer's Society support staff are based with the Carers Trust Hillingdon team at the Carers Centre in Uxbridge and we work closely together to provide support to families living with dementia. Why not visit one of our popular Dementia Cafes?

### Templeton Café

Fortnightly on Tuesdays, 11am-12:30pm

Venue currently changing, please call before travelling

**Contact Madhuri: 07740 433472**

### Hayes Café

Fortnightly on Fridays, 10:30am-12:30pm

Hayes and Harlington Community Centre, Albert Road,  
Hayes, UB3 4HR

**Contact Julia: 07803 115535**



For more information about our partnership services pop into the Advice Centre and pick up a Dementia Activity flyer or ask the team for details of the dementia support provided by Hillingdon Council.

For more information contact Madhuri: [madhuri.kotecha@alzheimers.org.uk](mailto:madhuri.kotecha@alzheimers.org.uk) | 01895 811206



# Funding update

## How our services are funded

We thought it would be helpful to explain the way we fund the services that we provide to unpaid carers in Hillingdon.

- Around 55% of our funding comes from Hillingdon Council, with whom we work closely to ensure that support for carers is as 'joined up' as possible.
- We also bid for grant funding from a broad range of trusts and foundations and currently operate serviced funded through Children in Need, Henry Smith Foundation, Mercers Philanthropy, City Bridge Trust, Triangle Trust, British and Foreign Schools Society and Carers Trust.
- We secure a whole range of smaller grants for events and activities from organisations such as the Asda Foundation, Young Londoners and the Co-Op
- Some activities are sponsored by local businesses or are provided 'in kind' by these businesses, a long-standing supporter is IBB Solicitors who provide free legal advice sessions and sponsor a Carer Café
- We also receive donations from organisations that fund raise for charity, such as Masonic Lodges, Roundtables, Sea Scouts and local Lions organisations, and
- Finally, we receive personal donations from former carers, families we have supported and local residents. One very generous donation is known as Tommy's Fund

## Tommy's Fund

Following a generous £40k donation from a local resident, Tommy's Fund was established to support carers who are caring for someone at the end of life or who have recently been bereaved or are suffering hardship because of a bereavement. Our bereavement group, The Robins ( see page 3) was made possible through this donation and we are continuing to expand the support we can provide to carers who are losing or have lost a loved one.

We would also like to apologise for the way this was represented in last years Financial Statements and Annual Report, where Tommy's Fund was reported as a £10k fund. This was a presentational error.

## Young Carers

Carers Trust Hillingdon also offers a broad range of support for young carers (5-15 years) and young adult carers (16-25 years). We have a comprehensive Schools Outreach programme, a specialist Family Support Service and a Supported Transition programme, in addition to our regular Young Carers Clubs, social activities, trips and residentials.

To find out more please email the Young Carers team via the office email:

[office@carerstrusthillingdon.org](mailto:office@carerstrusthillingdon.org) | 01895 811206

We ask all readers to note that all information was correct at the time of publication, however, in an uncertain world we ask that you check before you travel to any venue if it is a drop-in facility such as Carer Cafes. For other sessions and workshops, please ensure you book in advance so that the team can give you accurate details of times and venues. Thank you.