

Wiamy வரவுகொடுப்பு சார்பாதி



Welcome स्वागत છે اهلا بك Bine ati venit

### ABOUT HARROW CARERS

Established in 1996, Harrow Carers is an independent charity and the lead carers support agency in Harrow. We have developed a network of services and support for carers to reduce the burden of care and increase the quality of life for carers of all ages.

Our services are for unpaid carers, that's anyone who provides unpaid care and support for people in the community who are ill, frail, disabled and disadvantaged. Typically this would be a family member or close friend.

Our overall aim is to improve the wellbeing and resilience of carers of all ages and backgrounds, so that they can continue to provide support for the people they care for without compromising their own health, social networks and ability to contribute to society. Our services help to prevent problems for carers and they are responsive in meeting carers' needs. Carers are directly involved in shaping, planning and delivering the services which we offer. If you want to get involved, please contact us.

### Carers' Quote

For well over five years now they have helped us in so many ways. They come to visit us and are always ready to talk with us on the phone.

Shivakuru & Meenadchymmah, Carers

### CONTACT US

For further information please contact:

Tel: 020 8868 5224  
Email: admin@harrowcarers.org

376-378 Pinner Road  
North Harrow  
Middlesex  
HA2 6DZ



Wheelchair accessible building

Directions:  
Bus: 183, H18, H9, H10, H19  
Tube: North Harrow Station (Metropolitan Line)

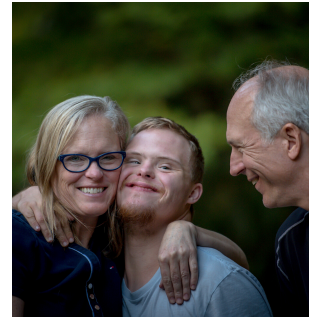
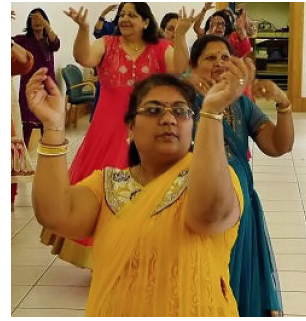
Nearest parking: Cambridge Road Car Park

Supporting 4000 carers every year.

@harrowcarers  
www.harrowcarers.org



## How we support carers



Call us on 020 8868 5224  
or Email: admin@harrowcarers.org

Harrow Carers is a UK registered charity (1062149) and a Company Limited by guarantee in England (3325055)

**Contact us:**

T: 0208 868 5224

E: [admin@harrowcarers.org](mailto:admin@harrowcarers.org)  
376 - 378 Pinner Road, North Harrow,  
Middlesex, HA2 6DZ



**GENERAL SERVICES:**  • Information, benefits advice and wellbeing activities for carers

**SPECIALIST SERVICES:**


 **Looking after your Health and Wellbeing**

Improving carers' mental and physical well-being in order to support them in their caring role. We offer interactive workshops such as **Mindfulness, Stress Management and Positive Psychology** as well as complementary therapies for carers.

Counselling services are also available.

 **Understanding Mental Health**

Increasing understanding of issues related to mental health with sessions such as **Dementia Awareness**, and providing emotional and practical support for carers looking after someone with a mental illness.

 **Training & Events**

Carers have access to a wide range of stimulating training courses such as First Aid, Health & Safety, Manual Handling & Computer skills. We also have interactive activities and monthly outings to places such as Kew garden, Museums, Christmas Markets and more.

 **Young Carers support and activities**


Helping young carers aged up to 17 to take a break through varied activities, including, bowling, cinema, trampolining, climbing, sports day, go-karting, weekend away trips and access to 1:1 support with school work and family life.

Check out our instagram :  
@Harrow.youngcarers

 **Personal Care at home**

We provide respite, personal care, one to one support & live-in care for families, all tailored to meet your individual needs. Our CQC rating is 'Good' & all staff are DBS checked.

Call 03300 882224

 **Homeshare - matching people to live together for mutual support**

A unique service that matches people who want companionship & help around the house with people who need accommodation in the area of London and are willing to provide support.

Call 03300 882225  
For more info visit: [www.novus-omeshare.org.uk](http://www.novus-omeshare.org.uk)

 **Working for Carers - supporting carers to move closer to employment**

Working for Carers is a London-wide project that supports unpaid carers, aged 25 or over, to move closer to employment. The project is led by Carers Trust and delivered by its network of 24 partners across London. Working for Carers is funded by the European Social Fund and The National Lottery Community Fund.

Gain access to one-to-one support, regular workshops and help with job searching and interview techniques.