

C A R E R S N E W S L E T T E R

October 2021

WELCOME

In this Newsletter.....

- Report on Activities/Support Groups June-September 2021
- New Activities Coming Up in October
- Brent Hubs
- Carefree Breaks for Carers
- Opportunity for Volunteering with us
- Christmas Lunch

Carers welcome to our first Newsletter bringing to you what has been happening and some exciting upcoming events and activities. With COVID-19 and lockdown it has been a difficult time for a lot of people, especially for Carers with schools, colleges and day centres closed. Since then, we are seeing some normality returning slowly. What we were doing online, we are now offering in the community.

We would like to take this opportunity to introduce you to the Brent Gateway Partnership, Carers Support Team.



Ann, Carmen, Dee, Nina and Sheila

In June we celebrated the **Carers Week** with some exciting activities with a Launch of Carers Week, Walks in Parks, and Guided Relaxation online. This was followed in July to September with activities and support groups at Bridge Park Leisure Centre. It was noted that a lot of Carers may be still feeling uneasy to meet in the community. Please note COVID-19 related safety precautions are in place.

Activities Carers participated in:

We capitalised on British Summer months by having **Picnics in The Park**. Carers brought their own lunch and we provided fresh fruit and bottles of water to ensure everyone stayed hydrated. The twist to this picnic which made it therapeutic was - Carers were asked to write their hopes and aspirations for the coming year on helium filled balloons which were released after lunch. Our Carers thoroughly enjoyed meeting other Carers and staff, after coming out of lockdown it was a welcomed outdoor event where everyone felt safe.



Roundwood Park NW10

We held a session on **Benefits** and a session on **Utilities, Discounts and Grants** at Bridge Park Leisure Centre. These sessions were well received by Carers who attended. Some had come with the people they care for and were very informative to the carers who were not aware about any of the discounts available, the information shared was very helpful and hopefully they will be getting a cheaper deal from their gas and electric providers. Please note more sessions like these are planned for the future.



Bridge Park Leisure Centre Benefits and Utilities Discounts and Grants Sessions

Two online activities were also held during this period - a Pub Quiz and Guided Relaxation and the carers who attended said they felt it was time for themselves. The Pub Quiz was fun, and the winner and runner-up received prizes. They found the Guided Relaxation very calming which also helped reduce their stress. We are planning to offer these sessions in the community soon, so watch this space.

Upcoming Activities for the Month of October 2021

Week	Date	Time	Activity and Venue
Week 1	Thursday 7 th October 21	11.00 am	Coffee Morning Peer Support Drama Bridge Park Community and Leisure Centre, Harrow Road, London NW10 0RG
Week 2	Thursday 14 th October 21	11.00 am	Dance and Movement Bridge Park Community and Leisure Centre, Harrow Road, London NW10 0RG
Week 3	Tuesday 19 th October 21	11.00 am	Meet-up at COSTA Coffee at Wembley Outlet Unit 49 London Designer Outlet Wembley Park Boulevard, Wembley HA9 0FD (Places are limited, so please register your place call 0203 948 0600)
Week 3	21 st October 21 Thursday	11.00 am	Managing Stress and Guided Relaxation Bridge Park Community and Leisure Centre, Harrow Road, London NW10 0RG
Week 4	28 th October 21 Thursday	11.00 am	Drop-in Surgery Bridge Park Community and Leisure Centre, Harrow Road, London NW10 0RG

Carefree Breaks for Carers

We have some exciting news we would like to share with you. We have partnered with Carefree Breaks who provide short breaks (two-three nights) mostly bed and breakfast free of cost if you are a Carer over the age of 21 and provide 30 hours of care. We will be holding a session on this in the near future. For more information, please contact us on 020 3948 0600 or email us on info@brentgateway.org.

Opportunity for Volunteering with us

We are looking for people who have special skills like crochet, knitting or craft work to volunteer approximately 2 – 3 hours a month and share your skills with your fellow Carers. This is a great opportunity for you to do something meaningful and rewarding. Please call us on 020 3948 0600 or email us on info@brentgateway.org for a chat.



Throughout the coming months, we will be offering weekly activities and events in the community and online. Here is your opportunity to join us for a **Free 2 course Christmas Lunch**. This is for the first 10 carers who attend 3 or more of our sessions between now and November. **Please register and attend 3 of our activities to claim your free 2 course lunch** (Date to be confirmed).

