

CARERS NEWSLETTER

WELCOME to the Second Issue of our Newsletter.

We're back, full of energy, motivation, and inspiration. Looking forward to the fantastic activities, this New Year for you the Carers of Brent. 2021 finished on a high and we are hopeful that 2022 will continue that way. We were hoping to continue our face-to-face activities in the community in a socially distanced manner – We have the “Full of Love - Tea Dance” in February, sessions of the fundamental Guided Relaxation, Coffee Mornings at Costa Coffee, and many more for you to enjoy. **However, due to new uncertainties with new Covid variants and more infections, we start this year with apprehension and will follow Government Guidelines** around activities in the community and offer these online if necessary – we will keep you posted!

Since September 2021 our weekly activities continued in the community in socially distanced settings and enabled Carers to have short breaks from their caring role. Coffee Morning Peer Support Drama, Dance and Movement, Managing Stress and Guided Relaxation, Pub Quiz, Type 2 Diabetes Awareness Talk, Sit2Stand Exercises for people of all abilities, and Coffee Meet-up at Costa were some of the activities that took place.



Type 2 Diabetes Awareness Talk was very informative, and we hope to hold another session with the available facility of getting tested on the day.



Coffee at Costa at the Wembley Outlet has been a hit with our Carers

And to top it all up

I have pleasure in reporting about our **CARERS RIGHTS DAY EVENT – 25TH NOVEMBER 2021.**



Socially Distanced yet well attended Event

“The thought of having a live event as we were reluctantly easing out of lockdown and the fears and uncertainty of not knowing whether we will have people turning up on the day was daunting. Yet, there was a feeling of hope and enthusiasm to showcase our Carers Support Services to the unpaid Carers and other organisations in Brent.



From inviting our local MP Ms Dawn Butler, who has supported Brent Gateway for some time as Chief Guest, our own Ms Liz Tack – Director of Services, AgeUKhnb, live entertainment by Ms. Nazarene, services of “You are Beautiful” from our Social Isolation Prevention team, and delicious hot Caribbean food were some of the highlights on the day.

The Team – Adult Carers, Young Carers, Triage, SILP, Information Communication & Engagement Team, and the Management all came together in helping put this event together and making it a roaring success on the day and I am so proud of all of us.”

Nina Vora – Carers Support Officer

“Our Carers Right Day Event 2021 could not have gone any better! The atmosphere was amazing with a true feeling of community togetherness – Professionals, Carers and Staff all came together in Celebration of our Carers and the exceptional support they provide to those they care for.

What a Fantastic Experience it was, having Dawn Butler MP present the carers with their Thank You/Well Done Gift Bags. This event was a huge success, and I am proud to be part of the Brent Gateway Partnership – Adult Carers Support Team!”

Dee John- Baptiste - Carers Support Officer

Special Thanks

We also would like to send a big Thank You to Leroy our Community Champion at Tesco Brent Park who kindly supported our Carers Rights Day by donating to us a few goodies for our Carers gift bags.

Here is Some Feedback we Received from Carers

“My husband and I would like to say a big thank you to you and your team for organising the carers event yesterday. You all had put in so much hard work in it. We not only had a very good time meeting a lot of people but also learnt a lot.” Client YA

“The Carers day was very well organised and had a clear agenda to inform Carers of their rights. For someone who didn't know what facilities were available to me, I found the event very insightful and made me aware of the help I can access.

Great entertainment and flavoursome food, catered to our diverse community was an absolute hit! Plus, the pamper stations on the side was a great touch if you wanted a little bit of beautification.

Well done to Dee and Team for organising such a successful event!” Client AMN

Photos Showcasing our Event



Liz Tack (Director AgeUKhbb) with Ms Dawn Butler MP



Ms. Butler presenting a gift bag to a Carer



Entertainment by Nazarene



Group Photo with Ms Dawn Butler MP



Carer with Cared For



Carer getting "I am Beautiful" treatment



Carer Getting Nails Treatment



BRENT GATEWAY TEAM 😊 overjoyed with success of the Event! From left to right Sheila, Carmen, Shane, ,Rikisha, Natasha, Nina, Dee and Ann

Carefree Breaks for Carers

We shared with you our exciting news about Carefree Breaks. 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 or if you want to register for this break, please contact us on 020 3948 0600 or email us on info@brentgateway.org

Our Carers

Our Carers are at the Heart of what we do. Carers do so much for their loved ones, friends and neighbours yet can sometimes be the hidden heroes in our community. Throughout 2021 we have met Carers via Zoom and face to face and we at Brent Gateway look forward to continuing supporting our Local Heroes and are looking to find more of you this New Year.

In pursuit of finding “hidden carers”



“This is what true dedication and commitment is! I was out for hours freezing my socks off, PPE’d up and raring to go. All in hope of finding some hard-to-reach carers, and I did. It was successful, enabling people to understand that they are a Carer, maybe caring for a parent so believing it is the norm. Being a full or part time carer can be difficult and there is support is available.”

Carer Support Officer - Dee



In partnership with Pathway to Wellness, we gave a talk to a very well attended audience about Brent Gateway Services at the Swaminarayan Temple Kingsbury, which resulted in several Carers registering into our service.

Nina Vora - Carers Support Officer

Talk at the Swaminarayan Temple Kingsbury.

Carers Christmas Lunch



We ended 2021 with a lovely Christmas Lunch with Carers at the Black Horse Pub in Sudbury.

WISHING EVERYONE A



FROM THE BRENT GATEWAY ADULT CARERS' TEAM

Brent Gateway Partnership is a partnership of:

Age UK Hillingdon, Harrow & Brent; Community Connex (formerly Harrow Mencap); and Capable Communities

Age UK Hillingdon, Harrow and Brent is the lead organisation for the Gateway Partnership and is a registered charity (no 1051711) and company

limited by guarantee. Registered in England and Wales No. 3136052. Registered office: 2 Chapel Court, 126 Church Road, Hayes, UB3 2LW.



NV/Jan 2022