

Carers' Voice

SUPPORTING AND INFORMING CARERS IN BARNET

Winter 2016



It's Barnet's Business



Barnet Carers Centre, Global House, 303 Ballards Lane, North Finchley, London N12 8NP
Tel: 020 8343 9698 Email: admin@barnetcarers.org www.barnetcarers.org

Carer and Young Carer Support Services are changing...

Barnet Carers Centre is delighted that we have been selected to continue to deliver Carer and Young Carer support services for the next three years. This means that we will be continuing to provide a comprehensive service supporting Carers, Young Carers and their families in Barnet.

In partnership with Barnet Council's Adults & Communities team, Barnet Carers Centre is supporting the delivery of rights and support all Carers are entitled to under the 2014 Care Act.

To support this, over the coming months Carer and Young Carer support services will be changing. These changes will help us to provide a wider range of support options and improve service access by bringing services to more community locations across the borough.

Where are we?

We will continue to operate many services from our base in North Finchley. Services will continue to be available through our longstanding community partners including: Barnet Mencap (Finchley Central), Age UK Barnet (Anne Owens and Meritage Centre) and Friend in Need (East Barnet). We are also now working from the Independent Living Centre in Colindale twice a month on the following dates:

2nd November 2016
23rd November 2016
30th November 2016
21st December 2016
4th January 2017
18th January 2017

We will also be present at GP surgeries, community events, schools, libraries and community centres on a regular basis. Please check our new events calendar at www.barnetcarers.org for upcoming outreach events.

What do we do?

Our Carer Support Officers can assist all carers to identify support options available to help with care responsibilities, plan for the future and access specialist support services to help maintain an independent life alongside caring.

These services include:

- Emergency Card Scheme: 24 hour access to alternative carer details should a carer suddenly be unable to continue their role.
- Training: Specialist training to support caring responsibilities.
- Social: meet new people, learn a new skill or practice an old one. We run several groups to express your creative side including Stitch & Sew, Creative Writing and Arts & Crafts.

For more information on what we do and what's on, please visit our new website (www.barnetcarers.org) and see what's on the Events Calendar.

For Adults:

Our dedicated Adult Carer Support and Outreach Officers work with carers for as long as is needed to help to manage their caring role. We provide a flexible service, designed around the needs of both the carer and those they care for. This can include:

- One to One meetings: a time to discuss any concerns that may exist for the carer and their family.
- Statutory Carers Needs Assessments: The best way to identify and obtain support for carers.
- Introductions to other services in the area that can provide support.
- Carer Discount Scheme and Leisure Pass: access to a range of discounted services only available to Carers in Barnet.
- Grants and subsidies: Help with the cost of caring or funding to take some respite time. Some funds are only available to carers registered with Barnet Carers Centre.

Young Adult Carers:

Carers age 16 - 25 face specific challenges in maintaining their education and managing their caring role at a time when their lives are changing rapidly.

Our dedicated Changes project provides tailored support including:

- Carers advice and support to identify suitable opportunities to progress your education and employment prospects.

- Access to work experience and volunteering opportunities with a wide range of organisations.
- Referral to specialist services providing intensive support for young people who are struggling to engage with education beyond GCSEs.

For Young Carers:

Young Carer services operate across the borough at community locations and in several schools.

Our specialist Young Carer team will work with young carers, their parents and siblings to ensure that young carers have the support needed to manage their caring roles and to continue to engage at school.



Ever thought of giving some of your time to help others in the community? If you can spare a few hours a day or two a week, you can have fun whilst making a positive difference to your local community

We have vacancies for the following volunteering roles:

Trustee Volunteers

Being a member of our Board of Trustees means you can help influence and shape the future direction of the Charity. We are looking for professionals with expertise in finance, business administration, law, fundraising, grant applications, IT or home care. As a trustee you will be expected to commit to 4-5 hours per month including attending six meetings per year.

Tutors Volunteer

Help and inspire young Carers in their school work. We are looking for qualified teachers, teaching assistants, university students and sixth form students.

We can hold meetings at the Centre, at school and at home, ensuring that the whole family are involved in developing the support plan.

Additional services include:

- Specialist support for Primary Young Carers.
- Regular events and workshops to try new activities and meet other young people caring for their parents or siblings.
- Specialist partners delivering interactive workshops on healthy living, getting active and managing caring roles.

For more information on all of these service, please check our services pages on the website, or give us a call.

Complimentary Therapist Volunteer

Are you a qualified complementary therapist who can help with any of the following: Aromatherapy Massage, Reflexology, Reiki Healing or Spiritual Healing?

Fundraising Volunteers

It's not just about shaking a tin or running a stall. You can also help with Barnet Carers Centre's fundraising activities in other ways. You may just want to help with specific events. If you are able to make a regular commitment, you might like to become a member of our Fundraising Team.

Outreach Support Volunteer

Become Carers Champions promoting Carers Rights and Barnet Carers Centre. Going out in the Community to raise awareness and assist in identifying carers in order to give them support in their everyday lives.

Ongoing support and training will be provided for all our volunteers.

For further details or an application form please contact Anila Shah on 020 8343 9698 or email volunteer.coordinator@barnetcarers.org



From May 2017, we will be sending out the Carers' Voice via email.

To ensure that you continue to receive your copy, please

remember to fill out and return the contact details form in the stamped addressed envelope provided with this edition of the newsletter.



We recently launched our new website: www.barnetcarers.org

Check out the new events calendar which lists all our upcoming events and activities!

It's Barnet's Business

"It's Barnet's Business" is a new campaign being launched by Barnet Carers Centre. The Centre will be working with local businesses to help identify and support more informal carers in our local community. Some local businesses will also be supporting carers by offering discounts for their services on production of a Carers' Discount card.

How to get your discount card

The carers discount card is available to carers registered with Barnet Carers Centre. Please note that if you work in a care home or domiciliary services you will not be eligible for a carers discount card unless you are also an unpaid carer.

If you are already registered with the Centre, please

complete an application form which is available on our website www.barnetcarers.org or from the Centre and return with a passport sized photo and stamped addressed envelope.

If you have not yet registered with the Centre, please call 020 8343 9698 and we will arrange an appointment to register you for our services. Once you have registered, you will be eligible for a carers discount card.

We will issue your card within 14 days.

The following businesses have already agreed to support "It's Barnet's Business". Please note a Carers' Discount card must be shown in order to receive these discounts.

Café Buzz

Café

783 High Road, North Finchley, London N12 8JY

Tel No: 020 8446 4976

[10% discount](#)

Caffe Fratelli, Mill Hill

Espresso bar and deli

23 The Broadway, Mill Hill, NW7 3DA

Tel No: 020 8959 6964

www.caffefratelli.co.uk

[10% discount on all items of food and drink including any current loyalty or discount offers](#)

Chickenshed

Theatre

Chase Side, Southgate, London N14 4PE

Tel No: 020 8292 9222

www.chickenshed.org.uk

[Contact Chickenshed for details](#)

Crazy Connection

Mobile & PC Repairs

50 High Street, Barnet, EN5 5SJ

Tel No: 020 8440 4623

[5% discount](#)

Em's Coffee

Coffee shop

1336 High Road, Whetstone, London N20 9HJ

Tel No: 020 8445 8353

www.emscaffe.com

[10% discount](#)

England Netball

Netball sessions

Sessions held at East Barnet School, 5 Chestnut Grove, Barnet EN4

Contact Sophie Johnson at England Netball on 07872 407213 to book session

<https://www.englandnetball.co.uk/backtonetball>

[First session free, £1 off further sessions](#)

Everyman Cinema, Barnet

Cinema

Great North Road, Barnet, EN5 1AB

www.everymancinema.com/venues/barnet

[Carers receive a complimentary ticket when accompanying their cared for.](#)

Gary Swerner Opticians

Opticians

92 High Street, Barnet, EN5 5SN

Tel No: 020 8441 1200

[Half price eye sight](#)

[10% off all spectacles](#)

GI Salons

Hair salon

74 East Barnet Road, New Barnet, Herts, EN4 8RQ

Tel No: 020 8440 4973

www.gisalons.com

[25% discount \(please call salon to make an appointment stating you are a carer\)](#)

Hair O Dyenamix

Hair salon

382 Ballards Lane, North Finchley, London N12 0EE

Tel No: 020 8446 3373

[£10 off every 4th visit \(loyalty card\)](#)

Kingsley Opticians

Opticians

53 Ballards Lane, London N3 1XP

Tel No: 020 8346 9636

www.kingsleyopticians.co.uk

10% off spectacle frames

10% sunglasses

Luchi & Ota

Sewing & Crafts - Adult & Children

62 Edgware Way, Mowbray Parade, HA8 8JS

Tel No: 020 8958 7714

www.luchiandota.com

20% discount

Mill Hill Wines

Wines and spirits, beers and cigars

85 The Broadway, London NW7 3TG

Tel: 020 8959 6754

www.millhillwines.com

10% discount

Paradise Wildlife Park

Animal Park

White Stubbs Lane, Broxbourne, Herts, EN10 7QA

Tel No: 01992 470 490

www.pwpark.com

£9 discounted rate for carers

Spa Chic Beauty

Beauty & Day Spa

773a High Road, London N12 8JY

Tel No: 020 8445 2113

www.spachic.co.uk

15% discount on Mon-Thurs

10% discount on Fri & some Sat

Above discounts available on all treatments except existing offers

The Honey Bee Café

Café

40 High Street, Barnet, EN5 5RU

Tel No: 020 8441 0070

10% discount

The Kids' Kitchen

Cooking classes for children & adults

38 Oakleigh Avenue, Whetstone, London N20 9JJ

Call or text Nicole on 07976 268 520 or email

nicole@thekidskitchen.net

www.thekidskitchen.net

£5 off a Sunday or holiday course

The Painted Pot

Ceramic studio & café

188 High St, Barnet, Herts, EN5 5SZ

Tel No: 0208 364 9988

www.thepaintedpot.co.uk

10% off the total bill

Visible Changes

Hair salon

125 High Street, Barnet EN5 5UZ

Tel No: 020 8440 5737

www.myvisiblechanges.co.uk

15% discount on all services

Wilkinson Chemist

Chemist

190 High Street, High Barnet, EN6 5SZ

Tel No: 020 8449 6159

10% discount on OTC goods



Barnet Carers Centre would like to thank these businesses for their wonderful support.

Please look out for our sticker which will be displayed in the windows of participating businesses.

We hope the list of participating businesses will continue to grow. Details of the current discounts being offered will be available on our website, social media and at the Centre.

Do you know any businesses that would like to join "It's Barnet's Business"? Please let them know about our campaign and ask them to contact Yvonne Moyles on 020 8432 2095 or email yvonne.moyles@barnetcarers.org for further information.

Join our Exclusive 100 Club!

Join Barnet Carers Centre 100 Club for your chance to win a cash prize in our monthly prize draw as well as help generate valuable income for the Centre. It's a win-win situation!

An annual subscription of just £24 enters you into a monthly draw, which takes place on the last Thursday of each month at Barnet Carers Centre. You can have more than one subscription, so get your family and friends to join in! Remember, you have to be in it to win it!

For more details contact Yvonne Moyles on 020 8432 2095, email yvonne.moyles@barnetcarers.org or download the subscription form at <http://www.barnetcarers.org/100-clubmonthly-prize-draw/>

Make a Donation to the Centre

We want to reach out to many more carers and support them in their often difficult caring duties.

Just £5 a month could allow a carer to take a short break from their caring duties, provide access to home support or get information and advice.

Donate Online: www.barnetcarers.org/supportus/individual-giving/

Donate by Post: Send a cheque made payable to "Barnet Carers Centre" to Barnet Carers Centre, Global House, 303 Ballards Lane, London N12 8NP

Donate by Direct Debit or Debit/Credit Card: Contact Yvonne Moyles on 020 8432 2095 or yvonne.moyles@barnetcarers.org

A big thank you to

Marks & Spencer Mill Hill: who have nominated Barnet Carers Centre as their charity of the year.

Chelsea Building Society: Barnet Carers Centre was nominated for their "Charity Choice" campaign at the Hampstead Garden Suburbs branch and we received £300!

Welsey Hall: raised £133.50 at their coffee morning held during Carers' Week.

London Borough of Barnet Fostering & Adoption Team: raised £306.46 by baking and selling cakes during Carers Week to support our young carers.

Livingstone Primary School: raised £128.20 to support our young carers.

Barnet Carers Centre's Christmas Raffle 2016

Our annual Christmas raffle will take place on Thursday 15th December. Please help make this fundraiser a success by buying some raffle tickets. Tickets cost £1 each and a book of five tickets costs £5. With your support, we will be able to reach out to more carers.

1st Prize: £100 gift card

2nd Prize: Dinner for two including wine

3rd Prize: Round of golf for four people

4th Prize: Tea for two at the House of Commons

5th Prize: Family sightseeing tour of London

6th Prize: Family ticket to Windsor Castle

7th Prize: £50 gift card

Plus many more exciting prizes

Please can you return your raffle ticket stubs and payment to the Finance Team, Barnet Carers Centre, Global House, 303 Ballards Lane, London N12 8NP. Please make cheques payable to "Barnet Carers Centre". If you would like some more raffle tickets, please contact Yvonne Moyles on 020 8432 2095 or email yvonne.moyles@barnetcarers.org

A special thank you goes to the following for their support and generosity:-
Sainsbury's New Barnet, Haven Bistro & Bar, Hendon Golf Club, Mike Freer MP, London Duck Tours, Buckingham Palace, My Window Cleaner, Big Bus Tours London, Tottenham Hotspur Football Club, artsdepot, Chickenshed, East Barnet Festival, Saracens, Moore & Sons, Young Driver, Mega Jump, Matrix Office Supplies, Storksens Nordic Nail Lounge, London Transport Museum, Belmont Farm, Galliano, Greggs, Tiger North Finchley, Paradise Wildlife Park, Waterstones North Finchley, Waitrose High Barnet, Shake Tastic, Willows Activity Farm, trustees and staff.

Donation Appeal

Thank you so much for everyone who donated to our Newsletter Appeal in May. We received £1,296.75 in donations.

What's Coming Up

Primary Young Carer's Arts & Crafts Social

This monthly arts & crafts social for primary young carers will begin from Monday 7th November (4.00-6.00pm).

To book a place please call:
020 8432 2092 or email:

primaryyoungcarers@barnetcarers.org



Barnet Carers Centre AGM

You are warmly invited to attend

Barnet Carers Centre 20th Annual General Meeting

on Tuesday 8th November 2016

at St Paul's Centre Hall, 50 Long Lane
(junction with Dukes Avenue),
Finchley, N3 2PU

From 1.45pm - 4.00pm
(registration from 1.15pm)

Tea and celebratory cake will be served.

Please call to book your place on 020 8432 2093

Carers Rights Day will
be celebrated on Friday
25th November. This
year's theme will be

"Missing Out? Know your rights as a carer".

The Adult Carers Support & Outreach Team will be
hosting an event for carers in Barnet.

For further details please email:

adultcarers@barnetcarers.org or call: 020 8343 9698.



Barnet Christmas Fayre

**Sunday 4th December
From 12.00pm - 5.00pm**

Barnet Carers Centre will be taking
part in this year's Fayre.

Please come along to support us and join in the fun!

Perhaps you could volunteer a couple of hours of
your time to help out on our stall?

For further details please contact Anila Shah on 020
8343 9698 or email

volunteer.coordinator@barnetcarers.org



Carers & Volunteers Christmas Buffet



Will take place on

Thursday 15th December 2016

The Scout Hall, 104 Grove Road, N12 9EA

From 10.30am - 12.30pm

The Christmas Raffle will be drawn on the day

Please feel free to bring along a dish

Contact the Adult Carers team for further details

Young Carers Awareness Day

Thursday 26th January

This is a national day of
recognition for the 700,000
young carers in the UK.



Look out for more details from

our Young Carers Team over the coming weeks.

The event of the year Annual Quiz 2017

Our successful Annual Quiz will take place on

Thursday 9th March 2017

The Scout Hall,
104 Grove Road, N12 9EA

Tickets £16.00

includes veg curry/fish & chips supper

For further details please contact Anila Shah
on 020 8343 9698 or email

publicity@barnetcarers.org

We look forward to seeing you there!



Evening Art Class: this popular class continues to take place on the second and fourth Monday of the month from 6:30pm-8.30pm at the Centre.



Creative Wellness with Writing: do you like writing and language? Do you like reading or listening? Do you want to reach out with written words rather than speech? Do you need to be heard?

If yes is your answer to some or all of these questions, then why not sign up for our new 'Creative Wellness with Writing' group which focuses on creative writing, poetry and the power of prose. Writing is a great way to aid depression, anxiety and reduce stress. You'll be able to explore and channel your thoughts and feelings, capture your dreams and share your experiences in a safe environment. You will have a chance to read your work to the group, as well as listen and appreciate others' work. So why not enrol now and meet new friends, have fun and get writing!



This activity takes place on Wednesday evenings from 6:30pm-8:30pm. Please contact the Adult Carers Team for more information and bookings.

Grants & Funding: As a Network Partner of Carers Trust, the Centre is able to apply for small amounts of funding for household equipment, carers breaks, driving lessons and training and tuition costs. These grants are only for informal carers who are aged 16 or over and are registered with Barnet Carers Centre. Deadlines are set by Carers Trust throughout the year. Limited number of applications can be submitted. If you wish to be considered for any of these grants, please contact the Adult Carers Team on 020 8343 9698 or email adultcarers@barnetcarers.org

Stitch and Sew therapy: There are spaces available at the new Stitch and Sew evening class which takes place at the Centre on Tuesday evenings from 6.00pm - 8.00pm. The course is offered to parent carers and is free with materials provided, and is run by an experienced facilitator who is also a Parent Carer. Please book your place with the Adult Carers Team on 020 8343 9698 or email adultcarers@barnetcarers.org



Wellbeing Workshops: Carers have been enjoying wellbeing workshops at the Meritage Centre in Hendon, delivered by NHS Barnet in partnership with the Chinese Mental Health Association (CMHA).

The workshops have included individual "Wellbeing MOTs", relaxing Tai Chi sessions, workshop sessions covering areas such as Low Mood and Stress Management, and Mindfulness exercises.

The free events have included time for Q and A's and refreshments, and for those with difficulties in getting to the Meritage Centre, the possibility of using a Community Transport Service run through the CMHA.

Contact the adult carers team on 020 8343 9698 or email adultcarers@barnetcarers.org for details of, and to book, future wellbeing workshops.

Dementia Surgery: Through this service Carers can access a 50 minute private and confidential consultation with a Dementia Advisor from the Alzheimer's Society. Held at Barnet Carers Centre on the second Friday of every month. If you have concerns about a relative with Dementia or would like to receive information and advice on services and support available, please book your place through the Adult Carers Team on 020 8343 9698 or email adultcarers@barnetcarers.org

Legal Advice: Free legal advice is provided to family carers at Barnet Carers Centre once a month on a Thursday. The Solicitor is able to advise on a wide range of matters, including wills, estate administration, inheritance tax, care home issues, later life planning, court of protection, powers of attorney, although she is flexible to give advice on some other issues too. If you need advice on any of the above please book your free 15 minute slot through the Adult Carers Team on 020 8343 9698 or email adultcarers@barnetcarers.org



Form Filling: We offer weekly sessions of welfare benefits application form-filling support for certain benefits including carers allowance, attendance allowance, disability living allowance, employment support allowance, blue badge, emergency card and taxi card.

Carers can have up to two hours support with our form filling volunteer. Bookings need to be made through the Adult Carers Team on 020 8343 9698 or email adultcarers@barnetcarers.org



Young Adult Carers

It's all GO for the New YACs Project

Changes, our project for Young Adult Carers (YACs) in Barnet officially launched in June 2016 during Carers Week. We were pleased to be invited by Barnet and Southgate College to hold a stand at their Wood Street Campus to help raise awareness of YACs. The project is now in full swing!



Up, Up and Away! – A trip to the Emirates Cable Cars at the O2

On Wednesday 10th August 2016, the YACs enjoyed a trip to the Emirates Airline Cable Cars in Docklands, East London. After the exciting trip over the River Thames, we explored the O2 and came across the Nissan Innovation Experience. Here YACs were able to participate in several activities testing their physical abilities... and not to mention get to take pictures in some really cool cars! We ended the trip with a buffet lunch at Jimmy's World Grill & Bar which was fantastic. The young people really enjoyed it, with a few of them expressing they'd never been to Greenwich and would not have been able to do this had it not been for Changes.



More pictures of the event can be found on our Facebook Page: www.facebook.com/ChangesBarnet

Quotes from the Trip:

"My favourite part of the trip was taking in the views of London!"

"I would not be able to do this if I was not part of the Changes Project"

"It was nice seeing everyone from the project again and catching up"

"I had lots of fun! Thanks so much for organising it!"

Partnership Working

The Arts Award – With Community Focus

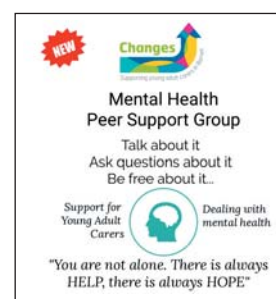
Changes will be working with Community Focus on our Arts Award Project. The Arts Award is a range of unique qualifications that supports anyone aged up to 25 to grow as artists and arts leaders, inspiring them to connect with and take part in the wider arts world through taking challenges in an art form - from fashion to digital art, pottery to poetry!

We will be working with Community Focus to deliver the Art Awards to the YACs on the Changes Project. We will be sharing updates of the Awards in upcoming issues.



Mental Health Support & Enablement Group – with Adult Services, Mental Health Services


Many YACs either care for someone with a mental health problem or have developed a mental illness as a result of their caring role. We've put together a new service to support YACs affected by mental ill health. To deliver this, we will be mainly working with the Adult Social Care Mental Health Enablement Service at Barnet Council to create a place where YACs can come together to talk about their circumstances, find the tools to take better care of their own mental health and learn more about the support people with mental health issues can receive.



Upcoming Events & Contact

For information on our upcoming events, follow us on social media or contact us:

 /ChangesBarnet

 @changes_barnet

Or to get in contact with our Changes Coordinator you can email:

youngadultcarers@barnetcarers.org

Barnet Young Carers and Siblings

New Young Carers' Hubs

We are delighted to say that we have secured funding from The Mercers' Trust to run two new Hubs per month until March 2017.

The new Young Carers Hubs will be offering a fun programme of:

- health and wellbeing sessions, including sessions linked to nutrition, exercise and activity in partnership with Don't Tone Alone
- drama, play-writing and stop-motion film-making sessions with Jen from Rainbow Head
- as well as other sessions with our lovely Play Leaders and Play Workers including arts and crafts, basic cooking, group games, 1-2-1 chats

with a member of staff (as well as with the other young carers/friends, of course) and group discussions

The Hubs will be:

- split into different age groups (one Hub date each month for those aged 5-11, and another for 12-17 year olds) as has been requested by many young carers
- free of cost to the young carer and their family, and including free refreshments
- in addition, free trips and outings will also be offered throughout the period

Booking will be required to attend each Hub. Please email youngcarers@barnetcarers.org or call 020 8432 2092 at least two days before each Hub date.

BYCAS Hub Dates October 2016 to March 2017

To book: email youngcarers@barnetcarers.org or call 020 8432 2092

Dates	Venue	Age	Time
Saturday 8th October	Sense	5 to 11	1.30pm - 3.30pm
Friday 14th October	Canada Villa	12 to 17	5.30pm - 7.30pm
Saturday 5th November	Sense	12 to 17	1.30pm - 3.30pm
Friday 11th November	Canada Villa	5 to 11	5.30pm - 7.30pm
Saturday 3rd December	Sense	5 to 11	1.30pm - 3.30pm
Friday 9th December	Canada Villa	12 to 17	5.30pm - 7.30pm
Saturday 7th January	Sense	12 to 17	1.30pm - 3.30pm
Friday 13th January	Canada Villa	5 to 11	5.30pm - 7.30pm
Saturday 4th February	Sense	5 to 11	1.30pm - 3.30pm
Friday 10th February	Canada Villa	12 to 17	5.30pm - 7.30pm
Saturday 4th March	Sense	12 to 17	1.30pm - 3.30pm
Friday 10th March	Canada Villa	5 to 11	5.30pm - 7.30pm

SENSE Touch Base

12 Hyde Close, Barnet EN5 5TJ

Nearest Tube: High Barnet.

Nearest Buses: 234, 326, 383, 384, 389

Buses further away (approx. 15-20 mins walk):

34, 107, 184, 263, 307

Canada Villa

Pursley Road, Mill Hill, NW7 2BU

Nearest Tube: Mill Hill East.

Buses nearby: 221

Buses further away (approx. 15-20 mins walk):

113, 186, 240, 251, 382

Outstanding Staff Award

Karen Scott has been a Personal Care Assistant and supervisor since 2002 and so is a long standing and much valued member of staff. We would like to congratulate Karen for recently passing her QCF Level 3 in Health & Social Care. Karen worked very hard to get this qualification whilst providing support for her clients. Karen is reliable and very supportive which makes her very popular with clients she visits. In the 14 years of service, Karen has rarely if ever taken a day off and we are extremely lucky to have her as part of our team.



New Member of the Team

We would like to welcome Isabelle King who is the new Community & Home Support Service HR & Recruitment Officer and will be responsible for the on-going recruitment of Personal Care Assistants.

Isabelle has brought with her great ideas and enthusiasm for the role and we hope she will enjoy working as part of our team.

If you or you know of anyone who is interested in becoming a Personal Care Assistant and has good availability (especially on weekends and evenings), please get in touch with Isabelle on 020 8432 2091 or email isabelle.king@barnetcarers.org

Our Services

We provide personal care, companionship and all other home and social support. We also have some very experienced and caring Personal Care Assistants available to provide the overnight service. Our clients who use this service have found it invaluable if they have loved ones who are unsettled during the night, as sleep deprivation or broken sleep can effect well-being and being able to function on a day-to-day basis.

We provide sleeping nights where the Personal Care Assistant would be expected to get up and see to the client up to three times in the night and waking nights where the Personal Care Assistant will stay up all night and see to the client's needs enabling Carer to sleep through without having to worry.

If you are interested in this service, please contact the team on 020 8432 2091 or email homecare@barnetcarers.org

Compliments

We receive some very nice compliments from our clients that make our job worthwhile and we would like to share some of them with you:

Mrs C wrote:

"thank you so much for the marvellous care you provided for my husband. The carers were kind, caring and extremely professional in their work. I miss my husband a great deal but at least I know he had the best possible care towards the end of his life, thank you for your support"

Mrs A wrote:

"you have been a life saver to me, thank you"

Deborah Baker has been a service user for 16 years. We also supported her beloved husband Antony before he passed away in 2010. Deborah and Antony received continuity of care over the years and Deborah tells us she appreciates this very much. She is currently supported by Vibha Patel and is very happy with the support she receives.

Deborah who is very keen on art has made the Community & Home Support Service team lots of colourful pictures which we proudly display in our corner of the Centre. Thank you, Deborah!



General Information



Barnet Carers Centre offered a number of activities for carers during the national Carers Week in June this year, much of which was kindly supported financially by the Carers

Forum as part of its support for local carers.

The "Supporting Barnet Carers" event started the week. Alongside the chance to talk to fellow carers over refreshments and lunch, carers heard talks on the first year of the Care Act from Laura Bennett, the Policy and Public Affairs Manager at Carers Trust, on mental health support in Barnet from MIND in Barnet and the Barnet, Enfield and Haringey Mental Health Trust, and on Barnet Council's Support for Carers from Sarah Perrin, the Prevention and Wellbeing Service Manager for Adults and Communities.

Barnet Carers Centre's outing this year was to the beautiful Hatfield House in Hertfordshire.



"I enjoyed it very much and had a lovely day ... a chance to meet other people and learn about British history. It meant a lot to me."

"Such a wonderful day. Just what the doctor ordered!"

We also put on a Health and Wellbeing Day during the week, with therapeutic activities, talks, manicures and health checks, plus a healthy lunch.

"A thoroughly enjoyable day, including a fantastic lunch"

"I feel so relaxed and it has been great to have some "me" time"

Barnet Carers Centre

3rd Floor, Global House
303 Ballards Lane, North Finchley
London N12 8NP

www.barnetcarers.org

follow us on twitter: @BarnetCarers

find us on facebook: Barnet Carers Centre

Adult Carers Support & Outreach Service:

020 8343 9698

adultcarers@barnetcarers.org

Young Adult Carers Service:

020 8432 2092

youngadultcarers@barnetcarers.org

Young Carers Support & Outreach Service:

020 8432 2092

youngcarers@barnetcarers.org

Community & Home Support Service:

020 8432 2091

homecare@barnetcarers.org

HR, Admin & Communications Team:

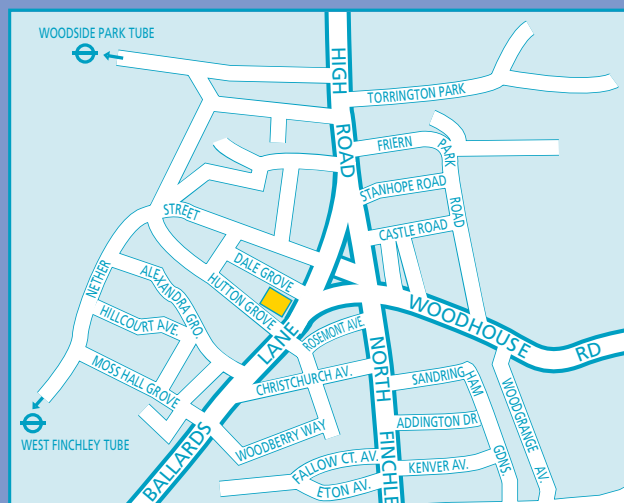
020 8432 2093

admin@barnetcarers.org

Finance Team:

020 8432 2095

finance@barnetcarers.org



We are one minute walk from North Finchley Bus Depot. The following buses travel to North Finchley: 82, 125, 134, 221, 263 and 460.

The nearest tube station is West Finchley (Northern Line) which is approximately a 20 minute walk.

Compliments, Comments and Complaints - We highly value feedback from the people who use our services because it helps to improve the work that we do. Should you have cause to complain comment or compliment Barnet Carers Centre, we are very keen to hear from you. A copy of our complaints procedure is available on our website: www.barnetcarers.org or from the Centre's Chief Executive by telephoning 020 8432 2093.