



London Borough  
of Hounslow

5 - 11 June 2023

# Come together for **CARERS WEEK**

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**Supporting carers in  
our community**



*What's on?*

Hounslow's Carers Week is jam-packed with activities, information and support to highlight the vital role carers play in our communities.

## **Monday 5 June**

**Launching Carers Week showcasing  
some of our professionals**

9am – 4pm

**Hounslow House, TW3 3EB**

We kickstart Carers Week with an event aimed at making sure carers are identified and are more connected to support, information and advice. We will have the Social Prescribing Team, Enhanced Dementia Care Service (EDCS), Community Solutions RUILS.

Have you got questions about Dementia? Learn about how you can be Dementia Friendly to find out more, come and talk to the team who will also be offering our carers free cake!

**Fresh Air and Friendship in Hounslow  
Parks: Inwood Park - Clouds - Let's Go  
Outside and Learn**

10.30am - 12pm

**Meeting Point : by Inwood Road  
entrance, Hounslow, TW3 1XJ**

To mark the start of Carers Week - join a 90-minute Fresh Air and Friendship walk at Inwood Park, to help you make a start to get active this spring and boost your health and wellbeing, whilst meeting other carers to share a walk and talk!

Let's go Outside and Learn support carers to be more active having a range of weekly activities - check out [www.lgoal.org/calendar](http://www.lgoal.org/calendar)

Free, no booking required – just turn up!

# Tuesday 6 June

## Carer Awareness Stalls

10am – 3pm

**West Middlesex University Hospital, Main Entrance, Twickenham Road, Hounslow, TW7 6AF**

Come take a look and have a chat with staff to get advice, information, and help from some of the organisations offering support and services for carers in Hounslow.

## Work Hounslow at Treaty Centre

10am – 12pm

**The Health Outreach Shop, Treaty Centre, 44 High Street Hounslow, TW3 1ES**

Are you thinking about work and employment? Returning to the workforce? Work Hounslow, the skills and employment team for the London Borough of Hounslow will be available for an informal discussion about local employment opportunities, training options and upskilling to apply for live vacancies. Offer is available to all carers wanting to build on their practical skills, knowledge about pathways towards employment. Take that first step come by and speak to advisers today.

## Carers Wellbeing event

12pm - 1.15pm

**The Mulberry Centre West Middlesex Hospital, Twickenham Road, TW7 6AF**

We all face situations that can bring up a whole host of emotions. A counselling expert will explain about the benefits of counselling and what you can do. You can join in and hear from carers sharing their first-hand experiences of how counselling through The Mulberry Centre has helped them.

Booking required. Call 020 8321 6300 or email [talk@themulberrycentre.co.uk](mailto:talk@themulberrycentre.co.uk)

## Carers4Carers

1pm – 2.30pm

**The Arts Centre, Second Floor, Treaty Centre, High Street, Hounslow, TW3 1ES.**

(Contact on arrival: Manjusha/ Karmjit)

Hosted by Hounslow's Mental Health Integrated Network Teams (MINT) and Rehab Community Service – relaunches the Carers Support Group, for anyone caring for someone with Mental Health needs.

## Young Carers Project - Family/young carer drop-in event

4.30pm - 6pm

**Bedfont Lane Community Centre, 9 Proctors Close, Feltham, TW14 9NB**

If you are a young carer looking after a family member, join Brentford FC Community Sports Trust for activities, fun, games, crafts, and sports at the youth club. You get a chance to meet other young carers just like you. We will be on hand to advise you on accessing support if you're thinking about jobs and/or further education.

To attend email Kathryn Sobczak at [ksobczak@brentfordfcst.com](mailto:ksobczak@brentfordfcst.com)

Under 18s must be accompanied by an adult.



# Wednesday 7 June

## Do you look after someone with Dementia?

10am – 3.30pm

**Health Outreach Shop, Treaty Centre, 44 High Street Hounslow, TW3 1ES**

Carers can visit the shop for a free health check and speak with the experts from the Enhanced Dementia Care Service (EDCS) who can provide support, connect you to local services and information on how to live well with Dementia.

## Let's Explore the River Crane Together: Planting and Growing with TCV

10am - 11.30am

**Avenue Park, Green Compound near the outdoor gym, Cranford, TW5 9TL**

Come with us on a stroll, explore Avenue Park in Cranford and discover nature on your doorstep! Enjoy nature-based activities along the river Crane Corridor.

For more information and details visit Lets go Outside an Learn: <https://lgoal.org/calendar>

Contact: Sarah at [sarah.salisbury@lgoal.org.uk](mailto:sarah.salisbury@lgoal.org.uk) or call 07565 108 901.

## "Ask us Anything" by Alzheimer's Society

12.30pm - 3.30pm

**The Danhurst Centre, Brent Lea, Brentford, TW8 8HX**

Are you caring for someone with dementia? If you want to know more and have a question, you can ask The Alzheimer's Society, whilst enjoying a chat and cuppa with other carers.

Booking is required – email [hounslow@alzheimers.org.uk](mailto:hounslow@alzheimers.org.uk)

## Caring for Carers Cuppa

1pm – 3pm at **Cardinal Centre, Cardinal Road, Feltham TW13 5AL**

1.30pm – 3.30pm at **MINT, 729 London Road, Hounslow, TW3 1SE**

Are you caring for someone with Mental Health needs? Carers can drop in get advice, a moment to relax with coffee and cake!

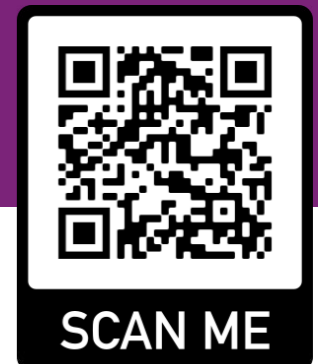
## Safe Space for Carers

5pm – 7pm

**Southville Community Centre (Age UK), Southville Road, Feltham, TW14 8AP**

Are you struggling? Experiencing stress? Had a life changing event? Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers.

MIND will deliver a workshop to help carers on how to cope in the moment.



Get involved!

Further information available at [www.hounslow.gov.uk/carersevents](http://www.hounslow.gov.uk/carersevents) or email [carers@hounslow.gov.uk](mailto:carers@hounslow.gov.uk)

# Thursday 8 June

## Fresh Air and Friendship: Somewhere Special, Bushy Park

10.30am - 12pm

**Meeting point: Bushy Park entrance to Chestnut Avenue (opposite Avenue Gardens) Teddington, TW11 0BH**

A great opportunity to meet outside with others, relax, come spend time exploring open spaces, and help benefit your health and wellbeing. Let's Go Outside and Learn event is about visiting somewhere special to learn something new, come enjoy Bushy Park. Visit [www.lgoal.org](http://www.lgoal.org)

Booking required, contact [mairi.mcleod@lgoal.org.uk](mailto:mairi.mcleod@lgoal.org.uk) or call 0793 9001731

## Carers Support Morning with INS

10.45am - 1pm

**Southville Community Centre, Age UK, Southville Road, Feltham, TW14 8AP**

Do you look after someone with a neurological condition? Bring them along and take a break with cuppa or two!

Enjoy a talk to fellow carers and get connected to support. Hosted by Integrated Neurological Services (INS) and open to professionals to attend and learn more about the support that INS can offer to carers.

## The Mulberry Centre presents "The Whisper"

11am - 12pm

**The Mulberry Centre, West Middlesex Hospital, Twickenham Road, TW7 6AF**

Carers and families can face situations that can bring up a whole host of emotions. In today's exercise carers can express their 'whispers' confidentially on paper and we look at what we can do to help us look at the emotions we feel, why we feel that way and how we can help ourselves understand how dealing with them is much better for our health than burying them deep.

Booking required - call 020 8321 6300 or email [talk@themulberrycentre.co.uk](mailto:talk@themulberrycentre.co.uk)

## Harrow Carers

2.30pm - 4pm

**Heart of Hounslow, Main Atrium, 92 Bath Road, Hounslow TW3**

If you give up your time freely to care for someone else, then it's time to make use of a free new service aimed directly at you. Find out more at this free event.

# Friday 9 June

## Check-in and Chat

10am - 4pm

**Health Outreach Shop, Treaty Centre, 44 High Street Hounslow, TW3 1ES**

Visit the shop for a free health check and speak with our professionals from Healthy Hounslow and Social Prescribing Team who can offer information, advice, and signposting to services.

Chance to have a personal conversation get the support you need now or may need in the future.

## Help and Support Drop-in

9am - 1pm

**Hounslow House, TW3 3EB**

Wrapping up the week with our popular drop-in service, Carers can get advice and support from our partners.

Find out more about what The Mulberry Centre can offer, get linked to support and services available to carers in Hounslow

Alongside them Community Solutions Team will be on hand to speak directly with you about any concerns or needs.

