

HAIL Journal

The newsletter of HAIL Carer Services

December 2017



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You can find out
about all the varied
services and support
available from HAIL
on our website:
www.hailtd.org

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January 2018

The Carers 12 days of
Xmas

HAIL Customers
Xmas Party

Over 50s Film Club

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Year

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HAIL Carers *Christmas Party*

Wednesday

6th December

2-5pm

Tottenham Town Hall
Town Hall Approach Road

N15 4RD



Christmas Food & Music

You are most welcome to bring along the
person you are a carer for

020 8275 6550 /info@hailtd.org



The 12 Days

This poem is from the Carers UK Website about Jackie who is a carer for her brother Mark. Mark lives with Jackie and her partner.

In the 12 days of Christmas, caring gave to me...

- 12 presents wrapping
- 11 cards a-laying
- 10 tasks competing
- 9 spills a-wiping
- 8 pages reading
- 7 pills a-sorting
- 6 buttons fastening
- 5 minutes off
- 4 dirty plates
- 3 mouths to feed
- 2 crackers pulled

...and a brother who can't do without me

A Thank You to all carers for all the work you do throughout the year. Merry Christmas.



Please join us for HAIL's annual



CHRISTMAS PARTY



DJ's // Raffle // Food & Drinks

Thursday 14th December 2017

6:00 p.m - 11:00 p.m

Tottenham Town Hall,
Town Hall Approach Road, London, N15 4RY

Tickets £7, Carers attend for free

Come into HAIL's office to buy a ticket or pay on the door

Call Veronica on 02082756550 if you plan on attending



To Sir, With Love

The Cinema Club for the Over 50s presented by the Haringey Over 50s Forum, is showing a classic British film this December.

To Sir, With Love is one of the most loved British films of the sixties. An American engineer-turned teacher (Sidney Poitier) finds himself in a tough East End school with rebellious students (including a young Lulu and Judy Geeson). Can he turn their lives around? Will he stay in teaching? Find out.....

Limited seats booking essential. Call 020 8341 2238 or email info@hfop.org.uk. £4.90 including tea / coffee and snacks afterwards. Limited disabled parking available-call 020 3196 1901 for details.

To Sir, With Love

Friday 1 December 2017

2:15 for a 2:30 start

Bernie Grant Arts Centre

Town Hall Approach Road N15



Haringey Draft Respite Policy Consultation Extended

The council and the Haringey CCG have decided to extend the draft respite policy consultation to 16 January 2018. The consultation on the joint respite policy is aimed at clarifying respite for carers, service users and practitioners.

Website: www.haringey.gov.uk/social-care-and-health/carers/support-carers/carers-consultation for the policy and questionnaire online.

Email: respiteconsultation@haringey.gov.uk

Telephone: 020 8489 5310

You can attend the drop-in on the draft respite policy:

**Monday 11th December
11am-12:30pm at Wood Green Library**

Carer Advocacy Drop-ins

The Carers Advocacy Drop-ins are a service for carers who live in Haringey and look after adults who have disabilities or long term health needs. Appointments are not necessary for the drop-ins. you are unable to come to a drop-in please contact us to speak to an advocate over the telephone and a home visit may be arranged if necessary.

**Every Tuesday 10am-1pm
Tottenham Town Hall**
Town Hall Approach Road,
London N15 4RY (nr. Seven Sister Station)

**Every Wednesday 1:30-4:30pm
Winkfield Centre**
33 Winkfield Road,
London N22 5RP (nr. Wood Green Tube)

Contact: Peter Johnson on 020 8275 6550 ext. 229 / Email: peterjohnson@hailtd.org

There is no drop-in on 6th December because of our carers Christmas Party, or on December 27th due to holiday closure of the Winkfield Centre. Please call the above number if you require advice.

Training in the New Year

HAIL are planning two six week courses for the New Year, based on mindfulness and yoga. We will also be having single training sessions as well as on various topics.

If you are interested in being registered please call 020 8275 6550 and ask to be put through Peter or Penny. Also if you have ideas for future training please get in touch with us.



Ever Mindful of Carers

Our six week mindfulness course for carers led by Kate Connell, proved a great success. All the carers attending gave the course perfect marks.

While HAIL has facilitated dozens of single session carer training, this was the first training course. Mindfulness was chosen because of carer feedback from single-session mindfulness training and it was thought well suited to become a course. And so it proved.

Carers wrote in their feedback not just praise but how it had a very positive effect on their lives, "my outlook has changed completely about my situation" and "tremendously powerful for my purpose in life". One carer said how the course "benefited not just me but my family".

Attendees have been using mindfulness in their everyday lives and many carers enjoyed and benefitted from the interaction with the other members of the group and how mindfulness has made them more aware of the needs of others.

We would like to thank Kate for providing training that has proven so valuable to carers and like to thank the carers who attended for committing to the course as the autumn nights drew in.

Emergency Contacts over the Holiday Period

Dental Care:

In an emergency, please contact your dentist. If you are not registered with an NHS dentist, call NHS 111 for urgent for urgent out of hours dental care.

Primary Care Hubs:

You will need to ring 0330 053 9499 if you wish to book an appointment at one of the locations or in an emergency then ring 111

Bounds Green Group Practice, Gordon Road,
London N11 2PF

Somerset Gardens Family Health Centre, 4
Creighton Road, London N17 8NW

Queenswood Medical Practice, 151 Park Road,
London N8 8JD

Sat 23rd Dec-Open as normal (8-8pm)

Sun 24th Dec-CLOSED

Mon 25th Dec-CLOSED

Tues 26th Dec-Open as normal (8-8pm)

Wed 27th Dec-CLOSED

Thurs 28th Dec-Open as normal (8-8pm)

Friday 29th Dec-CLOSED (8-8pm)

Sat 30th Dec-Open as normal

Sun 31st Dec-CLOSED (8-8pm)

Mon 1st Jan-Bounds Green Only

Rest of week as normal

Please call the Primary Care Hub number to check times as these may change due to circumstances.

Sexual Health Clinic:

Visit your local walk-in centre, listed below, who will be able to provide you with emergency contraception advice.

Family Planning Clinic:

For emergency contraception advice visit your local Walk-in Centre which is listed below.

Urgent Care Centre:

For minor illness and injuries, skin complaints,

itches and sprains visit North Middlesex Hospital, Sterling Way, London, N18 1QX. Tel: 020 8887 2680. The centre is open from 9am – 10pm.

Patients who need to be seen quickly, but who do not have life-threatening illnesses or accidents, can walk into these centres. You can receive treatment for cuts, grazes, lacerations, sprains, strains, broken bones, bites, stings, infected wounds, minor head injuries, minor eye infections, foreign bodies and scratches.

If you present yourself at one of these UCCs and your condition is diagnosed as being more serious you will be referred to an A+E department.

Accident and Emergency:

North Middlesex University Hospital, Sterling Way, Edmonton, N18 Tel: 020 8887 2000

District Nurses:

If you are receiving home based care through a district nurse and require further assistance during the bank holiday out of hours contact 020 7288 3555 who will be able to put you through to the correct district nursing team.

Social Care Services:

For emergency social care services please call the emergency 24-hours service on 020 8489 0000.

London Borough of Haringey - Local Authority Services:

The emergency phone number is 020 8489 0000 for out-of-hours enquiries.

Mental Health:

The Crisis Resolution and Home Treatment Team (CRHT) provide a 24 hour a day 7 day a week service which anyone can access including professionals or an individual seeking help on someone's else behalf. Telephone 020 8702 6700.