

# CAREERS NEWS

Informing carers in Croydon

May/June 2011

## Celebrating Carers Week 2011, 13-19 June

Here's what's happening in Croydon to celebrate Carers Week and pay tribute to carers and the fantastic work they do:

### Carers Lunch

To celebrate Carers' Week Croydon's voluntary sector, in partnership with Croydon Council, is inviting Croydon's carers to a fantastic, free buffet lunch, with entertainment, at Oscar's Brasserie at the Croydon Park Hotel on Tuesday 14 June, hosted by Crossroads Care Croydon. There will be a selection of hot and cold food with vegetarian options (including a choice of four or five desserts!) so there should be something to suit everyone's taste. There is only room for 200 carers and booking is essential, so make sure you book your place as soon as possible by texting or leaving a message on 07760 990 206 or emailing [carersevent@croydoncrossroads.org.uk](mailto:carersevent@croydoncrossroads.org.uk). Crossroads Care Croydon will then contact you to confirm your booking and give you further details of the event.

### Dulwich Picture Gallery

Dulwich Picture Gallery is England's oldest public art gallery, founded in 1811, and houses an outstanding collection of 17th and 18th century Old Masters including works by Rembrandt, Van Dyck, Rubens and Gainsborough. Entrance usually costs £5, but to mark Carers Week the gallery is holding a Carers' Day on Tuesday 14 June, 11 am - 4 pm, and is offering complimentary guided tours to carers. Tours will run on the hour every hour and will last approximately 45 minutes followed by free refreshments. To book a place on a tour call Michelle Douek on 020 8299 8734 or email [m.douek@dulwichpicturegallery.org.uk](mailto:m.douek@dulwichpicturegallery.org.uk).



Please mention any access issues you may have when booking. For more information on Dulwich Picture Gallery visit [www.dulwichpicturegallery.org.uk](http://www.dulwichpicturegallery.org.uk) or call 020 8693 5254.

Before or after your tour of Dulwich Picture Gallery you might like to visit the green flag award winning Dulwich Park which has excellent facilities including a café, large playground, cycle hire, tennis courts, an outdoor gym and outdoor table tennis. Dulwich Village itself is a conservation zone and offers a range of independent shops and restaurants and is well worth exploring.

### Trip to Brighton

The Carers' Information Service is organising a coach to take carers on a day trip to Brighton on Thursday 16 June. Brighton is a brilliant seaside town with plenty to offer everyone: museums and galleries for culture vultures, a huge range of independent shops selling everything from antiques to cutting edge fashion, cafes and restaurants for the gourmets (including lots of vegetarian and vegan establishments), and the sea and a pebbly beach (that is comfortable if you arrange the stones just right) for everyone. Carers will need to meet outside Fairfield Halls at 9.15 am for a 9.30 am departure, and the coach will leave Brighton at 4 pm.

Tickets cost £5 and can be reserved by calling Ruth Laws on 020 8649 6280. Once you have called to reserve your place you will need to get your payment to us by noon on Friday 3 June to secure your place. If we do not receive your payment by then we will offer your place on the coach to another carer. Cheques and postal orders can be sent to us in the post and should be made payable to the Carers' Information Service. Cash payments will need to be brought to the office in person (please call to ensure the office will be staffed before coming in).

### A Day in Bruges

Croydon Carers Centre is doing something almost every day to celebrate Carers Week. On Monday 13 June, 11.30 am, at the Katharine Street office there will be a 'launch' of Carers Week. Croydon Carers Centre staff will have information stands at Croydon University Hospital on Tuesday 14, North End on Thursday 16, and Surrey Street Market on Friday 17 June. On Wednesday 15 June there will be a trip to Bruges (7.30 am - 9 pm) costing £25 a person. For more information about any of these events call 020 8668 7219 or visit [www.croydoncarers.org.uk](http://www.croydoncarers.org.uk).



# Whitgift - The Foundation that Cares

The Whitgift Foundation has been providing care for the elderly in Croydon since 1596. What began as accommodation for the retired servants of Archbishop John Whitgift is now a series of four residential options offering continuity of care from sheltered and residential accommodation through to full nursing care.

## Wilhelmina House



Wilhelmina House is a purpose-built residential care home situated in the suburbs of Croydon. It offers full board accommodation for up to 20 older people - who each enjoy a private bed-sitting

room with ensuite facilities. Staff are on hand 24 hours a day to offer any care and assistance that may be required (including personal care and help with bathing), but residents are encouraged to maintain their independence as much as possible. Residents are able to participate in a range of social activities and outings. Other services available at Wilhelmina House include: hairdresser, chiropodist, library service, dentist and optician. The current fee for a standard room is £500 a week, a large room costs £615 a week. Short term respite care for non-residents who are recovering from an illness or hospital treatment, or whose carers need a rest, is available at a cost of £500 a week.

Wilhelmina House also offers day care facilities to non-residents who would benefit from social activities and personal care.

- Coffee, lunch and afternoon activities (10 am - 4 pm) costs £15 a day
- Coffee, lunch, afternoon activities and high tea (10 am - 7 pm) costs £20 a day
- All day (including breakfast and a bath in an accessible bathroom with staff assistance) (8 am - 7 pm) costs £30 a day

For more information on any of the services offered by Wilhelmina House call 020 8760 0933 or email wilhelmina-house@btconnect.com.

## Whitgift House



Whitgift House is located in the grounds bordering Whitgift School in South Croydon. It offers independent, sheltered accommodation in the form of 34 one-bedroom flats and 36 beds in a separate

nursing home providing 24-hour care for people with medical needs that cannot be met in sheltered accommodation or residential care. All the sheltered flats have an emergency alarm system in the bedroom, bathroom and lounge - to which a member of staff from the nursing home will respond 24 hours a day. Sheltered accommodation residents are encouraged to organise social activities amongst themselves but are also welcome to join in the social programme arranged by the nursing

home staff. Whitgift House has its own chapel and services and meetings are held throughout the week.

The current fee for sheltered accommodation is £135 a week for a single or double flat (this includes hot water/heating). Full nursing care costs from £815 - £920 a week.

For more information on Whitgift House call Philomena Kavanagh on 020 8760 0472 or email matron@whitgiftfoundation.co.uk.

## The Almshouses



The Almshouses are situated in the centre of Croydon and offer sheltered accommodation in one-bed flats and bed-sitting rooms, each with a separate kitchen and bathroom, to

older people who meet certain criteria\*. A Duty Warden is available to support residents 24 hours a day, and all rooms are fitted with an emergency alarm system. Residents are encouraged to participate in a varied programme of social activities within the Almshouses and the Foundation's other care homes. In the event of a resident needing more care than can be provided by the Almshouses, there is the opportunity to move on to Wilhelmina House and Whitgift House which are able to offer higher levels of care.

*\*The criteria for securing a place in the Almshouses, as set down by Archbishop Whitgift, state the residents should be over 60, of modest means and 'communicant members of the Church of England and have lived in the parishes of Croydon, Lambeth or the County of Kent'.*

For more information about the Almshouses call 020 8649 8432 or email wfwardens@btconnect.com.

## Free Training for Carers

Our popular programme of training sessions for carers continues with the following courses:

### How to be Heard

Tuesday 12 July, 10 am - 3 pm

Develop the skills you need to speak up for yourself, get your point across, be more assertive and generally MAKE YOURSELF HEARD.

### Becoming Solution Focused in Your Life

Tuesday 13 September and Tuesday 8 November, 10 am - 4 pm (Carers need to be able to attend both sessions)

Solution Focused Therapy (SFT) is an exciting and powerful approach that can help you move your life forward in the way that's right for you. It can help you shift from the negative to the positive, and identify steps that will take you closer to your goals. Carers will be working under the guidance of Evan George, one of the founders of SFT.

Cont...

...Cont

Carers who attended our previous SFT course were full of praise: "One of the best days of my life", "I learnt so much", "An excellent course" and "I really enjoyed myself and feel I am getting my life back" were just some of the comments we received.

All our training sessions are free of charge, and lunch is provided. Please ensure that you are able to attend for a full session before booking a place as our courses are always oversubscribed. For further details or to book a place contact Ruth Laws, Volunteer and Training Coordinator, on 020 8649 6280 or email [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk).

## SEN Consultation

Sarah Teather, Minister of State for Children and Families, has launched a Green Paper called *Support and Aspiration: A new approach to special educational needs and disability* which makes wide-ranging proposals to respond to the frustrations of children and young people, their families and the professionals who work with them with the current system. These proposals will be consulted on until 30 June 2011 and the Department for Education is encouraging any interested parties to respond. To take part in the consultation visit [www.education.gov.uk/consultations](http://www.education.gov.uk/consultations) where you can read the relevant documents and respond online. If you do not have access to the internet we can print a response form for you which can then be sent to Consultation Unit, Department for Education, Area 1C, Castle View House, East Lane, Runcorn WA7 2GJ.

## Challenge Cuts

Steve Broach, a barrister at Doughty Street Chambers, has published a paper for campaigners – including parents and carers – who are considering challenging local service decisions using the law. This paper, *Using the Law to Fight the Cuts to Disabled Children's Services*, has been written in response to the deep concern that campaigners have expressed that many decisions are currently being taken to cut services for disabled children and families without proper consideration of what the law requires. It is designed to ensure that campaigners have the legal tools to ensure that even in a time of intense pressure on public finances the legal rights of disabled children and their families are respected. *Using the Law to Fight the Cuts to Disabled Children's Services* can be found at [www.ncb.org.uk/edcm/Using\\_the\\_Law\\_to\\_Fight\\_Cuts.pdf](http://www.ncb.org.uk/edcm/Using_the_Law_to_Fight_Cuts.pdf): it will be followed in the spring by a guide to the law for parents and carers which provides more detailed practical legal information to support conversations with local decision makers. We will let you know when this guide becomes available.

## Epilepsy Handbook

The National Centre for Young People with Epilepsy has produced a *Parent's Handbook* designed to help parents find their way through the maze of information and services available. The handbook is available free to parents and includes a simple guide to epilepsy and its diagnosis and treatment, tips for dealing with school holidays and travel, living with epilepsy and the emotional issues, and a guide to useful websites, forums, books and DVDs. For more information, or to order your free copy, visit [www.ncype.org.uk](http://www.ncype.org.uk) or call 01342 832 243 ext 508.

# Staying Safe



## Fire Safety

The firetext smoke alarm is a battery powered smoke alarm 'married' to a mobile communication device that can store up to four mobile numbers. If the smoke alarm is activated it will send a warning text to those numbers. The Firetext smoke alarm is stand alone and so can be easily installed with the minimum of fuss and remains active even if mains power to the property is disrupted. This text messaging smoke alarm could bring peace of mind to carers who worry about leaving the person they care for on their own in case they are unable to respond safely or appropriately to a smoke alarm going off. Firetext trials undertaken by the Alzheimer's Society and the Hertfordshire Fire and Rescue from September 2009 to 2010 have proved extremely positive with all fire risks detected and averted. The Firetext smoke alarm costs £89.99 (plus £4.99 postage and packing) and comes with a two-year guarantee. For more information, or to purchase a Firetext smoke alarm, visit [www.firetext.me](http://www.firetext.me) or call 0800 567 7812.

## Trusted Tradesmen

TrustMark is a Government backed initiative to help consumers find reliable and trustworthy tradesmen to carry out repairs inside and outside the home. TrustMark tradesmen have had their skills independently checked through on-site inspections, signed up to a code of practice that includes insurance, health and safety and customer care, and can offer an insurance-backed warranty on their work. For more information, or to find a TrustMark tradesman, visit [www.trustmark.org.uk](http://www.trustmark.org.uk) or call 01344 630 804. Age UK Croydon (020 8680 5450, [www.ageukcroydon.org.uk](http://www.ageukcroydon.org.uk)) also has a list of local, reputable tradesmen such as plumbers, electricians, builders and decorators and gardeners.

## Nominated Neighbour

Croydon Trading Standards and the Croydon Borough Police have joined forces to launch the Nominated Neighbour Scheme. The aim of the scheme is to reduce distraction burglary and rogue trading and to ensure that vulnerable people remain safe and well in their own homes. A friend or neighbour needs to agree to be the nominated neighbour, the vulnerable person is then given a card on which they write the address of the person who has agreed to be their nominated neighbour. If someone calls at their home unexpectedly they give the card to the caller: this directs the caller to the nominated neighbour who will return with them to the vulnerable person's home if they are sure they are a genuine caller. If you are concerned that you or the person you care for might be at risk from bogus callers you find out more information, and request a Nominated Neighbour pack, from Croydon Trading Standards on 020 8407 1311.

# Local Information



**Free and low cost counselling** is available in Croydon. Rethink offers six sessions of free counselling (on Fridays) to any adult carer living in Croydon. Although this service is provided by Rethink it is for all carers not just mental health carers. For more information call Ian Sanderson on 020 8649 6281 or email [ian.sanderson@rethink.org](mailto:ian.sanderson@rethink.org). Care To Listen offers up to 12 sessions of low cost counselling to anyone aged 16 or over who lives in Croydon. The cost of sessions is on a sliding scale depending on the income of the client, starting with a minimum charge of £10. Care To Listen does not currently have a waiting list and can guarantee to conduct an initial assessment within two weeks of a client making contact. For more information call Sharon Thomas on 07956 891 203 or Eve Stephenson on 07985 343 619 or visit [www.caretolisten.co.uk](http://www.caretolisten.co.uk).

**Face 2 Face** uses a team of volunteer Home Visitors to provide emotional and practical support to parents whose child has a disability. Face 2 Face is currently looking for people who think that they could empathise with parent carers and use their own parenting experience to support families coming to terms with a child's disability to train as Home Visitors (this involves a ten week training course). For more information call Paula on 020 8667 0207.

**Rethink** runs regular training courses for mental health carers called the Carers Education and Training Programme (CETP). This is a 12-week programme for carers who feel they need more information about mental illness including what it is, how it is treated, what to do in a crisis and local resources which may be able to help. This also gives carers the opportunity to work together, develop links and share expertise and experience. If you would like to attend a CETP course in the future please contact Ian Sanderson on 020 8649 6281 or email [ian.sanderson@rethink.org](mailto:ian.sanderson@rethink.org).

# Local Events

**Zoom!** provides arts and leisure activities for young people with additional needs. This term Zoom! is running a Movie Club, Drama Club and a Performance Group, as well as arranging a series of History Fun events such as visiting the Tower of London and going to see the *Horrible Histories Rotten Romans* at the Wimbledon Theatre. It costs £25 to take part in as many of the movie and drama club activities as your child would like each term, and £15 per person for the series of History Fun events. For more information call Paul on 07906 276 202 or email [zoom@spectrumarts.org](mailto:zoom@spectrumarts.org).

**The Other Half** is a support group for people with Parkinson's and their carers who live in the north of the borough. The Other Half meets on the third Thursday of the month, 2 - 4 pm, at Cornerstone House, 14 Willis Road, Croydon CR0 2XX. The next meetings will be on 19 May (Exercise for Health with Gemma Coldicott) and 16 June (talk by John Bateson-Hill, Occupational Therapist at Croydon University Hospital). For more information contact Monique Martial (020 8653 2179, [artmar12@aol.com](mailto:artmar12@aol.com)).

**Croydon Young Stroke Group** meets on the first Tuesday of the month, 10.30 am - 12.30 pm, at the Angel Café, Poplar Walk, Croydon CR0 1UA. The next meeting will be on 7 June. The group also meets on the third Tuesday of the month at Allington Court, Chart Close, Croydon CR0 7YF. The next meeting will be on 21 June and will be a barbecue. For more information call Linda Moon on 020 8406 3886 or email [moonshine1955@msn.com](mailto:moonshine1955@msn.com).

**The South London Lupus Group** meets every other month at St Michael and All Angels with St James, Poplar Walk, Croydon CR0 1UA, 10 am - 12 noon. Future meetings will be held on Saturday 4 June and Saturday 13 August. These meetings are open to anyone with lupus and their friends and family. For more information call Adetoun Hughes on 020 8657 8833.

The next edition of *Carers News* will be available in September 2011 (we do not produce a July/August issue). Over the summer we will be sending all the parent carers on our mailing list the *Summer Guide for Parent Carers* which lists activities suitable for children and young people with disabilities over the summer holidays. If you are a parent carer but aren't on our mailing list make sure you don't miss out and join now by calling 020 8649 9369 or emailing [info@carersinfo.org.uk](mailto:info@carersinfo.org.uk).

Receiving *Carers News* by email saves us money and is kinder to the environment, so if you currently receive *Carers News* in the post but would be happy to do so by email please contact us on 020 8649 9339 or email [info@carersinfo.org.uk](mailto:info@carersinfo.org.uk) - many thanks to those of you who have done so already.

**Carers' Information Service**  
Courtyard House, 1d Church Road, Croydon CR0 1SG  
020 8649 9339 (option 1)  
020 8686 3472 (Fax)  
[info@carersinfo.org.uk](mailto:info@carersinfo.org.uk)  
[www.carersinfo.org.uk](http://www.carersinfo.org.uk)

**Disclaimer:** We cannot accept any responsibility for any goods or services mentioned in or enclosed with this newsletter.

Designed by Croydon Voluntary Action 020 8683 5911

For a large print copy of Carers News call us on 020 8649 9339