



What's New for Carers? July 2011

Welcome to the monthly e-bulletin from the Carers' Information Service - designed to keep the carers of Croydon, and the professionals who support them, up to date with events and services in between our bi-monthly newsletter, *Carers News*. If you find this e-bulletin helpful please pass it on to a friend or colleague who you think might benefit.

Best wishes

Helen Thompson
Manager
Carers' Information Service

Information

Summer Guide for Parent Carers 2011

The annual Carers' Information Service guide to summer activities for children and young people with a special need or disability is hot off the press and attached [here](#). All parent carers on our mailing list will automatically receive a copy in the post next week and we would be pleased if our *What's New* subscribers could forward it on to any parent carers they are in touch with.

Carers Activities Fund for Organisations

The Carers' Information Service has a time-limited fund to distribute small grants of up to £200 per applicant to organisations that would like to run an activity for carers this summer. This is a continuation of the scheme that was run last year for individual carers, but is now only available to organisations in the borough. The fund closes in September, so if you would like to find out

more (new applicants only), please contact Helen Thompson, Manager on 020 8649 6284 or email helenthompson@carersinfo.org.uk.

Croydon Trading Standards Advice

Please find attached the latest [Information Bulletin](#) from Croydon Trading Standards, which gives useful information about scams and rogue traders operating in Croydon and the risks these people pose to older and vulnerable people in the borough.

Carers News by Email

Do you receive the bi-monthly Carers' Information Service newsletter, *Carers News*? Let us know if you would like to receive our bi-monthly newsletter direct to your in-box by [emailing](#) us now.

Events & Activities

Croydon Mencap Cinema Club for Carers

Are you aged over 60 and a carer for someone with a learning disability? Would you be interested in joining a new club to meet people and enjoy a film or a lunch at a suitable venue? The Mencap Carers Assessment and Support Service (CASS) would like to hear from you. The Cinema Club will offer carers the opportunity to enjoy the cinematic experience of new films or golden oldies. They are also thinking of running a Lunch Club, which will be a chance for a social get-together and a break from caring, with a tasty lunch thrown into the bargain. CASS supports older carers of people with a learning disability in many other ways too, so to find out more, please contact Tanya Fitzgerald on 020 8684 5890.

National Autistic Society Summer Events

The NAS will be running a Transition Workshop on Tuesday 12 July at Woodlands Children's Centre, Gilbert Scott School, Farnborough Road, Selsdon CR2 8HD. The workshop will give advice and support to help your child's transition within the school environment. This will include from nursery

to primary school and primary to secondary school, as well as some hints and tips to help your child cope with routine or class changes within the school day. Places are limited; to book please contact Linda Townsend on 0208 662 4661 or contact linda.townsend@nas.org.uk

The NAS will continue to provide after school and weekend activities for children with autism, including trampolining, swimming, drama therapy and a youth group. All of the clubs run for 10 weeks during term time. Places are offered on a first come first served basis, and a new intake of children and young people is taken on every ten weeks. For more information or to be added to the waiting list, please contact Kirsty Townsend on 0208 662 4663, or by email at kirsty.townsend@nas.org.uk.

South East Cancer Help Centre

The South East Cancer Help Centre (SECHC), which has local NHS approval, has for over 25 years helped people cope with cancer. The counsellors and therapists at SECHC understand how much hard work and worry is involved in supporting a loved one with cancer which is why the charity offers membership not only to cancer patients but also to their primary carers.

Apart from an annual membership fee of £20 all the services offered are free of charge and members are encouraged to tailor the therapies and activities available to meet their own needs. Hypnotherapy, Reiki, Shiatsu, Aromatherapy, and Reflexology are just some of the therapies available whilst activities include Yoga, Tai Chi, drama, singing, relaxation, and arts & crafts. In addition to individual counselling sessions there are various support groups that members can join.

SECHC provides its services at its Centre in the Tesco Development, Purley and in the Macmillan Suite at Croydon University Hospital. If you would like to become a member please call Nina on 020 8668 0974 or go to www.sechc.org.uk to find out how SECHC might be able to help you.

Working Carers Support Group

Crossroads Care Croydon runs a support groups for carers juggling work with their caring responsibilities. The group meets on the fourth Wednesday of the month in Croydon, enabling working carers to share interests and experiences, information and advice in an informal, friendly environment. Carers are warmly welcomed at the forthcoming meetings on July 22, August 24 and September 28. The meetings are held from 6.30pm - 8.00pm at Holiday Inn Express, 1 Priddy's Yard, off Frith Road, Croydon CRO 1TS (near Surrey Street Market). For more information, contact Donna Richmond on 020 8667 9893/ 07760 990205 or donnarichmond@croydoncrossroads.org.uk

Events for Fathers and Male Carers

Attached is a list of [SureStart Children's Services](#) in Croydon that have services specifically for male family members and carers.

Breast Health Awareness Sessions

Did you know that there is a national project being undertaken which is focusing on cancer awareness, in particular lung, bowel and breast cancer? In Croydon the Public Health Department aims to increase awareness of the early signs of breast cancer and increase the uptake of breast screening within Croydon with a focus on:

- women with learning disabilities or mental health problems
- the carers of women with learning disabilities or mental health problems
- women from the BME community
- women living in the target areas of: Norbury, Thornton Health, Upper Norwood, Selhurst and New Addington.

To address these aims, there will be two breast cancer and breast health awareness sessions this month, run by local voluntary organisations in partnership with Croydon Public Health Department. Each event will include presentations from specialists in the field, breast care nurses, a theatre group, a survivor sharing their story, the cancer screening service, cancer specialists, plus health promotion stands and lunch/refreshments. The organisers encourage carers and those they care for to go along to these events and find out how to keep yourself, your friends and loved ones healthy.

Croydon People First will be hosting the first event on Thursday 7 July from 1 pm to 4 pm at Cornerstone House, 14 Willis Road, Croydon CR0 2XX. To book your place, please send an email to info@croydonpeoplefirst.org.uk

Healing Waters will be hosting the second event on 12 July, from 10 am to 3.30 pm at Conference Room A and B, Park House, 4th Floor, 22 Park Street, Croydon CR01YE. For more details please contact Marjorie Francis on 0203 326 0437.

For information about the breast cancer awareness programme, contact Pat Grey, Croydon PCT Cancer Screening Coordinator on 07909 978359.

Local Services

Day Lewis Pharmacies

This chain of pharmacies (there are others operating in the borough) offers a range of services for carers, including:

- 20% discount off healthcare and toiletry purchases
- free healthy heart check for carers and the person they care for
- free delivery of medicines
- free medicine take-up service.

For more details, contact Cathy Reid on 020 8256 6256 or email catherine.reid@daylewisplc.co.uk or see the attached [flyer](#).

MIND in Croydon

Congratulations to Mind in Croydon which has recently received two quality marks for their work with people affected by mental health problems, details of which are on their website at:

www.mindincroydon.org.uk/news97.asp

www.mindincroydon.org.uk/news99.asp

The Active Minds Service is looking for volunteers to provide buddies for people with mental health problems. The Service is also running football sessions for mental health clients on Wednesdays – and a horticultural project runs on a Wednesday and Thursday. Please contact Active Minds for further information on 020 8253 8205/6 and see the attached [flyer](#).

Mind in Croydon runs eight-week Anger Control training sessions at its Pampisford Road premises (up two flights of stairs), on Friday afternoons. Each session is 1½ hours long and has a maximum of eight people on each course. There are separate courses for men and women. The course is a mixture of teaching and practical homework as participants try to put into practice what has been learnt in the week, so that you start to gain control of your anger from the beginning. See the attached [flyer](#) for further details.

Changes to Local Organisations

Appliance Re-use Centre (ARC) has closed down.

Croydon ADHD Network has changed its telephone number from 020 8686 0393 to 020 3228 0000.

Croydon Aftercare Laryngectomy Club has closed due to lack of funding.

Depression Alliance Croydon (Addiscombe) is now known as Addiscombe Depression & Anxiety Self Help Group.

Imagine Croydon has changed its telephone number from 020 8253 7078 to 020 8253 7079.

MS Society Croydon Branch has changed its telephone number from 0800 781 4502 to 020 8660 0389.

Parentline Plus is now known as Family Lives and has moved to Tunstall Nursery School and Children's Centre, Tunstall Road, Croydon CR0 6TY. Tel: 020 8655 2402. The website has lots of useful information too, see www.familylives.org.uk.

POP Service Calendar for July

You can view the location of the POP Bus in July, which travels around the borough giving advice and information to older people [here](#). If you have any queries please call the POP Service on 020 8654 4440 or email info@croydonpop.org.uk.

National News

Following Carers Week last month, several national charities have launched campaigns and published research conducted during the week.

Carers UK: 4 out of 5 carers worried about cuts

Carers UK has produced a report, based on research undertaken during Carers Week (June 2011) that shows "80% of carers are worried about cuts to services, according to new research launched to mark Carers Week. It also finds that almost half don't know how they will cope as the axe falls on some

of the vital support they rely on.” You can read this report online at www.carersuk.org and sign up to receive the Carers UK newsletter directly.

Carers Not Claiming Carer's Allowance

A new Turn2us survey has revealed that large numbers of carers are not receiving Carer's Allowance. At the same time, nearly a third of those surveyed said they were regularly skipping meals to make ends meet.

[Read the press release about the Turn2us carers' research](#)

Age UK “Invisible But Invaluable” campaign

Age UK nationally is trying to raise awareness of the role of older carers. The campaign's aims include calling on the government to:

- introduce a Carer's Allowance for pensioners
- simplify the application process for Carer's Allowance and related benefits
- let carers know that you can register as carers with your GP and have regular health checks
- consult older carers and respect their views
- find a way to identify 'hidden' carers and provide them with information and support
- help older carers to get together to support one another.

You can read more at: www.ageuk.org.uk/get-involved/campaign/older-carers

If you have any comments or corrections regarding this edition and if you have an event or service you would like to see featured in the August edition please [email](#) Helen Thompson, Manager, Carers' Information Service.