

## What's New for Carers

Carers  
Information  
Service

### Events



Every month we offer a range of free health, wellbeing and social activities for carers: [Download October's What's On](#)



### Free flu jabs for carers throughout October!

Don't let flu get you down this year - [fight back](#) with free flu jabs for carers!

Any carer aged 13 plus is eligible. No need to book - just turn up on one of the following dates:

- Thursday 6 October, 11.30am - 12.30pm
- Tuesday 11 October, 12noon - 1pm
- Thursday 13 October, 2pm - 3pm
- Monday 17 October, 11.30am - 12.30pm
- Friday 21 October, 1pm - 2pm
- Tuesday 25 October, 2pm - 3pm



## Find out about personal budgets for carers

Did you know that carers can be assessed for a personal budget to meet their assessed eligible needs? Croydon Council wants to hear from carers about the proposed personal budgets and whether they will work for carers. The consultation meetings are **5 October, 10am - 11am** and **6 October, 2pm - 3pm** at the Carers Support Centre. Come along, get information and have your say.

**HOW TO**

**05**

**Caring for a Child**

A How To Guide For Carers In Croydon

**Carers Information Service**

If your child has a disability, a chronic health condition or special educational needs (SEN), there are a number of organisations that can help you. This factsheet has general information about local support organisations, social care, education, health, work, specialist equipment, getting a break and leisure activities. Please note that any organisations listed are included for information only and listing does not mean recommendation.

This factsheet is part of **How To... A Guide for Carers in Croydon**. You can download the full series of factsheets from our website [www.carersinfo.org.uk](http://www.carersinfo.org.uk). You can also call us on 020 8649 9339, option 1, or visit the Carers Support Centre.

**Information, advice and emotional support**

**Local support**

**Croydon Local Offer**  
[www.croydon.gov.uk/education/special-educational-needs](http://www.croydon.gov.uk/education/special-educational-needs)  
Under the Children and Families Act 2014, all local authorities must produce a Local Offer of services for children and young people with SEN. The Croydon Local Offer is available on-line and readers can be downloaded.

**Home-Start Croydon**  
020 8667 0207  
[contact@home-start-croydon.org.uk](mailto:contact@home-start-croydon.org.uk)  
[www.home-start-croydon.org.uk](http://www.home-start-croydon.org.uk)  
Supports local families, in their own homes, who are experiencing difficulties or suffering stress, and who have at least one child aged under five. Local council volunteers offer free and confidential emotional support weekly (7.30-9.00) to help to prevent family crisis and break down.

**Jubilee Parenting**  
07506 338 017  
[jane.carey@croydon-jubilee.co.uk](mailto:jane.carey@croydon-jubilee.co.uk)  
[www.croydon-jubilee.co.uk](http://www.croydon-jubilee.co.uk)  
[www.croydon-jubilee.co.uk](http://www.croydon-jubilee.co.uk)  
Runs CHY 100 support groups for parents, carers and grandparents of children or young people with a disability or SEN. Groups run during term-time only and there is no need to book. Groups are based at Vauxhall and Children's Centre and Kensington Avenue Children's Centre.

**Parents in Partnership (PIP)**  
020 8649 3626  
[office@pip-croydon.com](mailto:office@pip-croydon.com)  
[www.pip-croydon.com](http://www.pip-croydon.com)  
Information, support and training for parent carers of disabled children or children with SEN. Runs the Croydon Parent Forum which enables parents and carers to influence services affecting disabled children in Croydon.

**St Giles Parent Group**  
020 8680 7171  
Support from a family support worker for parents of a disabled child aged 4-19. Monthly meetings open to all parents, not just those with a child attending St Giles School.

**Young Carers Project**  
020 8649 9339, option 2  
[youngcarers@thecarerscroydon.org](mailto:youngcarers@thecarerscroydon.org)  
[www.thecarerscroydon.org](http://www.thecarerscroydon.org)  
Offers a range of support for young people aged 7-25 caring for someone due to disability or illness. Support includes information, advice, advocacy, Carer's Assessments, one-to-one support and casework. Also provides workshops, respite (trips, activities, groups), counselling and art therapy. Specialist support is available for young carers with a parent who has a mental health problem.

## New factsheets available

New versions of the following *How To... A Guide for Carers in Croydon* factsheets are now available:

- [Getting Support from Social Care](#)
- [Grant-Giving Organisations](#)
- [Caring for a Child](#)
- [Leisure and Holidays](#)

The [How To... A Guide for Carers in Croydon](#) series brings together everything you need to know as a carer in Croydon. Each factsheet is packed with helpful local contacts and useful information for carers.

You can download all 11 factsheets from [www.carersinfo.org.uk](http://www.carersinfo.org.uk). You can also pick up paper copies by contacting the Carers' Information Service:

- call 020 8649 9339, option 1
- email [info@carersinfo.org.uk](mailto:info@carersinfo.org.uk)
- or [visit the Carers Support Centre](#)



## If Only I'd Known... workshops start this November

South London and Maudsley (SLaM)'s free dementia workshops will run weekly from **Wednesday 2 November to Wednesday 14 December, 2pm - 4pm** at the Carers Support Centre. Sessions cover a range of topics including: talking about dementia, physical health, emotional health, social care and looking after yourself.

The person you care for does not need to have a formal diagnosis for you to take part. To book your place on one, some or

all of the sessions, email [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk) or call 020 8649 6280.



## Get your dancing shoes on with our dance sessions for carers!

Come and enjoy a fun and informal dancing session led by a professional dancer and friend of the Strictly stars!

Sessions are suitable for all ages and abilities. Next sessions are 7, 14 and 21 October, 11am - 12noon - just drop in.



News and views from and around Croydon



## New group for siblings of people with a mental health problem

The Rethink Croydon Sibling Support Group offers peer support to siblings of anyone with a mental health problem. The group provides an opportunity for people in similar circumstances to share their experiences and gain support from each other, so as not to feel too overwhelmed.

Group sessions are held at 7pm - 9pm on the **third Wednesday of every month** at the CVA Centre, London Road, West Croydon (opposite Lidl). Just turn up - no need to call first! [Download the flyer](#) for more details.

---



### Family and Carer Open Day Reaching out and Connecting

## Open day for family members and carers of someone with psychosis

You are warmly invited to the family and carer open day for family, friends and supporters of people who use Croydon psychosis services on **Thursday 6 October 2016, 9.30am - 3pm** at **Tamworth Road Resource Centre, 37 Tamworth Road, Croydon CR0 1XT**

Email [lauren.redrup@slam.nhs.uk](mailto:lauren.redrup@slam.nhs.uk), call 020 3228 0410 or text 07736 461 707 to express an interest or just turn up on the day. [Download the leaflet](#) for more information.



## Healthwatch Croydon Annual Meeting - How will changes in Croydon's GP services affect you?

Join [Healthwatch Croydon's Annual Meeting](#) on Wednesday 5 October 11.30am - 2.30pm at Community Space, Bernard Weatherill House, Croydon CR0 1EA to have your say on changes to GP services in Croydon.

This is your chance to find out more about what's planned for Croydon's GP services, discuss the impact and give your views on the service everyone uses.

Book your place online at [www.healthwatchcroydon.co.uk/events](http://www.healthwatchcroydon.co.uk/events) or call 020 8663 5648.



## Croydon Carer Survey 2016

Croydon Council is [asking carers for their views](#) on services for carers in Croydon. Currently Croydon Council commissions a number of organisations to support carers, including the Carers' Information Service. Your response will help the Council plan future services over the next five years: [Take the survey now.](#)

# National News



A selection of relevant news items from across the country

---



## It's Dyslexia Awareness Week!

It's Dyslexia Awareness Week, and this year's theme is 'Identifying Dyslexia'.

Dyslexia is a specific learning difficulty that primarily affects the ability to learn to read and spell. Around one in ten people in the UK are affected by dyslexia. [Find out more.](#)

As part of the week, [Croydon Dyslexia Association](#) is holding a meeting on 'Dyslexia and Co-Occurring Difficulties' on Tuesday 4 October starting at 7.30pm at United Reform Church, Addiscombe Grove, East Croydon CR0 5LP. Parents, carers and interested professionals are all welcome to attend.

---



## Your rights at work

Juggling caring and work? Find out what your rights are in the workplace: [Read more](#)

---

## Social care system struggling to cope according to new reports

The social care system is struggling to cope with meeting current levels of need, according to a report from The Richmond Group of Charities and a joint report from the King's Fund and the

---





Nuffield Trust: [Read more](#)



## World Mental Health Day - 10 October

The theme for World Mental Health Day this year is 'psychological first aid'. Psychological first aid is giving people basic information about how to support someone in distress: [Find out more](#)



Facebook



Twitter



Website



Pinterest



The Carers' Information Service was set up by the Whitgift Foundation in 1997, and provides information, advice and support to Croydon's carers.

[Find out more about us.](#)



The Carers Support Centre is a partnership between Croydon Council and the Whitgift Foundation.

The Centre is open Monday to Friday, 10am – 4pm, and carers are welcome to drop in for information and advice on their caring role.

[Find out more about us.](#)

We also have rooms to hire for very competitive rates. For more information call Victoria Rivera on 020 8663 5600, or email [victoriarivera@carersinfo.org.uk](mailto:victoriarivera@carersinfo.org.uk).

**Our mailing address is:**

Carers' Information Service  
Carers Support Centre  
24 George Street  
Croydon, CR0 1PB  
United Kingdom

[unsubscribe from this list](#)   [update subscription preferences](#)