

What's New for Carers?



Details of events and activities at the Carers Support Centre in February.

Local News and Events

Free Training for Carers

Managing Difficult Behaviour

Thursday 5 February, 10am - 1pm

First Aid for Carers of an Adult

Tuesday 10 February, 10.30am - 3pm

Employability Skills

Tuesday 24 February, 45-minute appointments between 10am and 4pm

Managing Stress

Tuesday 3 March, 10am - 3pm

First Aid for Carers of a Child (under 16)

Tuesday 17 March, 10.30am - 3pm

The Impact of Caring on Relationships

Tuesday 24 March, 10am - 3pm

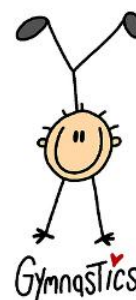
All training is held at the Carers Support Centre.

Get Active

Gymnastics Taster Day

For disabled adults (18+) on Wednesday 11 February, 10am - 1pm at Bromley Valley Gym Club, Chipperfield Road, St Paul's Cray, Orpington, Kent BR5 2QR.

For more information contact Kay Salter (07967 346 060, kay.salter@btopenworld.com).



Dance Workshops for

How to Book

Any Croydon carer aged 16+ can attend these training sessions.

For more information or to book a place contact Ruth Laws (020 8649 6280, ruthlaws@carersinfo.org.uk).

Adults with Learning Disabilities

Saturdays 21 February and 21 March, 11am - 3pm, at Braithwaite Hall, Croydon Clocktower.

For more information visit www.slidedance.org/projects.

Access Council Training

The Council organises a programme of training for its employees, and is opening up some sessions to carers:

Food First

Learn about malnutrition and how to avoid it.

Thursday 26 February, 9.30am - 12.30pm and 1.30 - 4.30pm.

Pressure Ulcers

What pressure ulcers are, their causes and treatment and how to prevent them.

Wednesday 25 March, 9.30am – 1pm and 2 – 5pm.

For more information or to book a place email stephanie.cattermole@croydon.gov.uk (or if you don't have access to email, call 020 8686 4433, ext 47214).

All sessions are held at the Carers Support Centre.

PIP Plus Training

Managing Challenging Behaviour in Older Children (aged 11 +)

Thursday 12 February, 10am - 1pm

Overview of Education Health and Care Plans

Thursday 19 March, 10am - 1pm

To book a place contact [Parents in Partnership](mailto:office@pipcroydon.com) (020 8663 5626, office@pipcroydon.com).

SEN Reform Updates

Croydon Council's Special Educational Needs (SEN) department is holding bitesize workshops for parents of children with SEN, and young people with SEN.

The workshops will focus on Croydon's implementation of SEN reforms and the introduction of Education Health and Care plans.

Workshop dates:

- Friday 6 February, 11am - 1pm
- Monday 9 February, 6.30 - 8pm
- Wednesday 25 February, 10am – 12 noon

Carers Reading Group

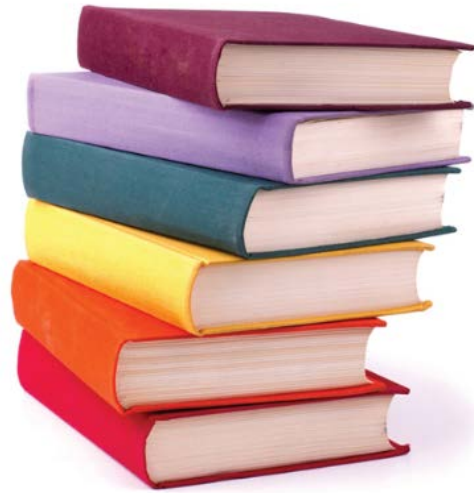
**Do you enjoy reading?
Do you wish you had someone to chat
to about books?**

Some of our carers are thinking of starting a carers' reading group.

If you are interested then come to a meeting on Thursday 12 February, 11am - 12 noon, in the Carers Café to discuss it further.

- Thursday 26 February, 11am – 1pm

To book a place on a workshop contact
[Parents in Partnership](#) (020 8663 5626,
office@piccroydon.com).



Employability Skills

The [National Careers Service](#) (NCS) provides information, advice and guidance to help you find a job or career that suits your skills and personality.

Qualified careers advisers work with you to clarify what you would like to achieve in terms of employment, and explore how to make this a reality, including how to overcome barriers such as only being able to work part-time or having breaks in employment.

The NCS is offering 45-minute appointments at the Carers Support Centre on Tuesdays 24 February, 31 March and 28 April.

For more information or to book a place contact Ruth Laws (020 8649 6280, ruthlaws@carersinfo.org.uk).

SEN Annual Review

Family Lives SEND Support Service is running a workshop for parents of children with special educational needs on Wednesday 11 February, 10am - 12 noon, at Waddon Youth Centre, 85 Waddon Way, Croydon CR0 4HY.

The topic of the workshop will be **Annual Review: overview of the old and new system**, and the speaker will be Deborah Johnson, Croydon Council SEN Manager.

Email virginijaS@familylives.org.uk to book a place.

National News

Time to Talk Day

Thursday 5 February 2015 is Time to Talk Day

Having a mental health problem is hard enough, but sometimes the isolation and stigma can make it even worse.

But we can all help to break the silence. Talking about mental health doesn't need to be difficult and can make a big difference.

That's why Time to Change is asking you to take just five minutes on the 5 February to

Working Carers Survey

Employers for Carers and Carers UK are conducting a short employee survey about caring and isolation in the workplace.

To find out more and take part in the survey visit

www.carersuk.org/news-and-campaigns/news/caring-and-isolation-in-the-workplace-employee-survey.

have a conversation about mental health.

Find out more at www.time-to-change.org.uk/timetotalkday.

Big Red Book

The Big Red Book is Transport for London's official guidelines for all bus drivers in London.

Every driver should have a copy and be familiar with the book's contents. The book covers a range of subjects from assistance dogs to ticketing.

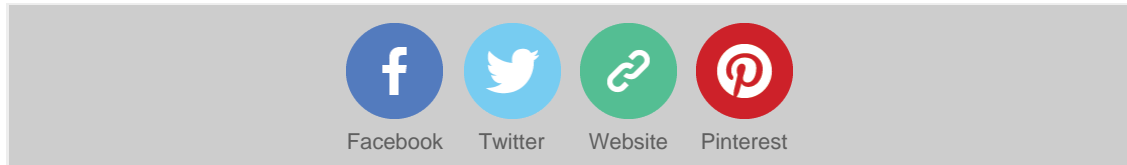
The Big Red Book is available to download from Transport for All at www.transportforall.org.uk/news/bus-drivers-big-red-book.

SENDirect Website

SENDirect is an online service that allows parents and professionals to:

- See what choices are available to them, how much things cost and what other people think of them.
- Get information about their legal rights.
- Look at guidance on how to tell if an activity or service might be worth trying for their child.
- Speak directly to activity providers about adapting services to suit their exact needs.
- Help create suitable new services where currently there are none.
- Shape and buy activities, support and equipment easily online.

www.sendirect.org.uk



Copyright © 2015 Carers' Information Service, All rights reserved.