

# What's New for Carers?



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## Carers News

In addition to this monthly e-bulletin we also publish a newsletter, **Carers News**.

The May/June edition of **Carers News** is out now, and features information on:

- Changes to support for children with SEN.
- What's happening in Croydon during Carers Week.
- The annual Carers Information Day in June.
- Mental Health Recovery College.
- And lots more ...

### Carers News

Informing carers in Croydon

May/June 2014

**"Knowledge is power. Information is liberating."**

agl Annon

**Free Training for Carers (aged 16+)**

Training/Session	Date	Time	More info
Caring for Someone with Cancer	Thursday 12 May	10am-12pm	Information session with the Alzheimer's Society Croydon
Caring for Someone with Dementia	Thursday 18 June	10am-12pm	Information session with the Alzheimer's Society Croydon
Colleges - a course for adult siblings	Thursday 24 June	10am-12pm	Explore the impact having a disabled sibling has on your life
Mental Health First Aid (accredited two-part course)	Tuesdays 1 & 8 July	10am-12pm	How to recognise the signs and symptoms of common mental health issues, provide help as a first aid basis and guide towards the right support services
Carers need to be able to attend both sessions			For carers of someone with a mental health problem
Managing Stress	Thursday 3 July	10am-12pm	Understand and learn how to handle stress more effectively
Laughter workshops	Tuesday 12 July	10am-12pm	Discover first hand the physical, mental and social benefits of laughter
First Aid - a course for carers of an adult	Monday 22 August	10am-12pm	Learn essential life-saving skills
Moving & Handling People	Tuesday 26 Sept	10am-12pm	Learn how to physically assist the person you care for without endangering your health

For more information or to book a place on a course call 020 8661 6780 or email [carersinfo@carersinfo.org.uk](mailto:carersinfo@carersinfo.org.uk)

**Free Training for Carers (aged 16-18)**

Training/Session	Date	Time	More info
The Impact of Caring on Relationships	Thursday 29 May	10am-12pm	Explore the impact being a carer has on your relationships with friends and family
Assertiveness & Building Confidence	Tuesday 3 August	10am-12pm	Techniques to help you stand up for yourself
Moving & Handling People	Tuesday 19 August	10am-12pm	Learn how to physically assist the person you care for without endangering your health

For more information or to book a place on a course for young carers call 020 8661 6780, option 2 or email [youngcarers@carersinfo.org.uk](mailto:youngcarers@carersinfo.org.uk)

**carers week**

THE WHITGIFT FOUNDATION CARERS' INFORMATION SERVICE

The Carers' Information Service provides information, advice and support for anyone who is caring after a family member, friend or neighbour, who needs help due to illness, disability or old age

## Carers Café

The Carers Café at the Carers Support Centre is open Monday to Friday, 10.30am - 12.30pm.

Carers can visit during this time for free refreshments, books, newspapers and magazines, plus a warm welcome from our volunteers.

#### Day

- **Theatre Trip for Carers**
- **Caring for Someone with Dementia**
- **What's On at the Carers Support Centre**
- **Boardroom for Hire**
- **PIP Guide**
- **Breakdown Assistance for Deaf Drivers**
- **Counting the Costs**
- **Independent Age**
- **New Website for Cancer Patients**
- **Disability Rights UK has Moved**
- **Jointly**

#### Don't forget Carers Week is next month!

Lots more information about Carers Week is available in the newsletter, and in the next e-bulletin.

We look forward to seeing you there!



### Free Yoga for Carers

Croydon carers can access free yoga classes at the Carers Support Centre every Monday, 10.30 - 11.30am.



**Croydon  
Neighbourhood  
Care**

No experience is required, but booking is essential as classes are limited to eight people.

To book your place contact Donna Richmond at Croydon Neighbourhood Care on 020 8663 5630 or email [donna@cnca.org.uk](mailto:donna@cnca.org.uk) (Monday to Wednesday).

If attending please wear comfortable clothing.  
Yoga mats will be provided.

### Pop Bus

The Croydon POP Service is a mobile information service for any adult living in Croydon.

Visit [www.croydonpop.org.uk](http://www.croydonpop.org.uk) for the May timetable and find out when the POP Bus will be near you.



### Debt Problems?

The London Disability Debt Project holds advice surgeries at the Carers Support Centre on the first Friday of the month, 10am - 12 noon.

The next advice surgery will be on Friday 2 May.

The project can:



- Give advice on any debt problem, large or small.
- Make sure the correct benefits are being received.
- Help with budgeting and prioritising debts.
- Negotiate with creditors and set up affordable payment arrangements.

To book an appointment call 020 8663 5608 and leave a message.

## IT Buddy

Our volunteer IT Buddy is able to offer one-to-one support to carers who have computer questions every Wednesday, 10.30am - 12.30pm, at the Carers Support Centre.

Appointments need to be booked via Ruth Laws (020 8649 6280, [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk)).



Why not pop into the Carers Café before or after your appointment?

## Hear Us Open Meeting

The next Hear Us open meeting will be on Tuesday 6 May, 1pm, at CVA Resource Centre, 82 London Road, Croydon CR0 2TB.

The theme of the meeting will be *Medication and Nutrition*, and the guest speakers will be:

- Georgina Boon (Pharmacologist).
- Deborah Thompson (Senior Dietician).
- Dr Joseph Rodrigues (Psychiatrist).

Pharmacy Stamp:

Title, Forename, Surname & Address: \_\_\_\_\_

Patient's name and address: \_\_\_\_\_

Phone (day): \_\_\_\_\_

Number: \_\_\_\_\_

N.B. Endorsement: \_\_\_\_\_

**HEAR US OPEN FORUM**

**Medication With Georgina Boon**

**Nutrition and mental health With Deborah Thompson**

**With Psychiatrist, Joseph Rodrigues.**

**1.00 PM Tuesday 6th May 2014**

**CVA Resource Centre, 82 London Road, Croydon, CR0 2TB**

**020 8681 6888**

Hear Us, Croydon's Mental Health Service User Group.  
Registered in England No. 6891337 Charity No. 1135535  
Registered Office, Orchard House 15a Purley Road, South Croydon, CR2 6EZ

**A Voice for Croydon's Mental Health Service Users**

For more information call 020 8681 6888 or email [info@hear-us.org](mailto:info@hear-us.org).

## BME Mental Health Support

Rethink Croydon Carers Support Service runs a support group for black and minority ethnic (BME) carers of someone with a serious mental illness.




The group meets on the first Tuesday of the month, 6.30 - 8.30pm, at the Carers Support Centre.

The next meeting will be on Tuesday 6 May.

For more information, or if you would like to attend, call Pauline Fisher on 020 8649 9339, option 3, or email [croydoncarers@rethink.org](mailto:croydoncarers@rethink.org).

## Brain Injury Support

The Neurorehabilitation Service at **Croydon Health Services**   
Broad Green offers a programme of educational groups for people who are living with a head injury, multiple sclerosis, stroke, encephalitis or other neurological condition and their family and carers.

### Session one

Understanding brain injury and neurological conditions  
Thursday 8 May

### Session two

Managing thinking problems (including memory difficulties)  
Thursday 15 May

### Session three

Managing communication difficulties  
Thursday 22 May

### Session four

Managing mood and emotions  
Thursday 29 May

All sessions take place at Whitehorse Resource Base (next to Tesco Express), 89 Whitehorse Road, Croydon CR0 2JJ, 3 - 4.30pm.

For more information or to book a place contact the Neurorehabilitation Service on 020 8274 6492.

## SEN Drop In

Croydon Parent Partnership Service provides independent information and advice for parents/carers of children and young people with special educational needs (SEN).



The service offers SEN advice drop-in sessions on the second Friday of the month, 10am - 12 noon (term time only) at the Carers Support Centre.

The next drop in will be on Friday 9 May.

There is no need to book an appointment, people are welcome to just drop-in.

For more information contact Croydon Parent Partnership Service on 020 3131 3150 or email [parentssupportherts@familylives.org.uk](mailto:parentssupportherts@familylives.org.uk).

## Parkinson's Support Group

The Parkinson's Society Carers Support Group (for carers and former carers of someone with Parkinson's) meets at the Carers Support Centre on the second Monday of the month, 10 - 11.30am.

**PARKINSON'S<sup>UK</sup>** CHANGE ATTITUDES. FIND A CURE. JOIN US.

The next meeting will be on Monday 12 May.

For more information, or if you would like to attend, call Monique Martial on 020 8653 2179.

## First Aid for Parent Carers

The Carers' Information Service is offering carers of a child with a special need or disability the chance to attend a free first aid training day.

The training day will be held on Tuesday 13 May, 10am - 3pm, at the Carers Support Centre.

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



*There are only a couple of places remaining on this course, so book your place quickly!*

## Stroke Awareness

May is **Action on Stroke Month**.

Staff from the Stroke Association in Croydon will be in reception at the Carers Support Centre on Tuesday 13 May, 11am - 2pm, and will be offering information, advice and blood pressure checks.



There is no need to book an appointment, you are welcome to just turn up on the day.

## Support for Mental Health Carers

Do you care for someone who has a mental health problem?



Would you like to find out more about support available to you and the person you care for?

Mind in Croydon's Carers' Support Service holds advice surgeries at the Carers Support Centre on alternate Thursdays.

The next surgeries will be on 15 and 29 May, 10am - 1pm.

Call the Carers' Information Service on 020 8663 5608 to book an appointment.

## NAS Parent Support Group

The National Autistic Society Parents Support Group meets at the Carers Support Centre on a monthly basis.

The next meeting will be on Tuesday 20 May, 10am - 12 noon.



There is no need to book a place, but for more information call 07833 293 263 or email [croydonbranch@nas.org.uk](mailto:croydonbranch@nas.org.uk).

## Dementia Awareness

To mark Dementia Awareness Week (18-24 May 2014)

Croydon BME Forum is inviting people to join them for tea and

cake, and to find out more about memory loss, on Wednesday 21 May, 11am - 3pm at Palmcroy House, 387 London Road, Croydon CR0 3PB.



Giving black and minority ethnic people a voice in Croydon

For more information or to confirm attendance call 020 8684 3719 or email [sylvarani@bmeforum](mailto:sylvarani@bmeforum).

## Caring for Someone with Cancer

If you live in Croydon and are caring for someone with cancer you might want to join us at the Carers Support Centre on





Thursday 22 May, 10am - 12 noon, for an information session led by Macmillan Cancer Information and Support Service.

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

## Working Carers

The Working Carers Support Group meets at the Carers Support Centre on the last Wednesday of the month.



The next meeting will be on Wednesday 28 May, 6.30 - 8pm.

For more information, or if you are interested in attending, contact Donna Richmond (020 8663 5630, [donna@cnca.org.uk](mailto:donna@cnca.org.uk)).

## Young Carers and Relationships

Young carers aged 16+ are invited to a training and information session looking at the impact being a young carer can have on relationships.



The session will be held on  
Thursday 29 May, 10am - 1pm,  
at the Carers Support Centre.

For more information or to book  
a place call 020 8649 9339,  
option 2 or email [youngcarers@offtherecordcroydon.org](mailto:youngcarers@offtherecordcroydon.org)

## Carers Information Day

This year the Carers Information Day will be held on Thursday 5 June, 10am - 4pm, in the Arnhem Gallery at the Fairfield Halls.



More information will be available in the June e-bulletin.

There is no need to book a place, carers are welcome to drop in at any

point during the day.

If you are a professional who would like your service to be represented at the Information Day, contact Helen Thompson (020 8649 6284, [helenthompson@carersinfo.org.uk](mailto:helenthompson@carersinfo.org.uk)).

## Theatre Trip for Carers

South Thames Crossroads Carers Support and Advocacy Service has 30 tickets to see Sing-a-long-a Grease on Sunday 8 June at the New Wimbledon Theatre at 7.30pm.



Tickets are available on a first come first served basis.

For more information or to book your ticket call Crossroads on 020 8649 9339, ext 664.

## Caring for Someone with Dementia

If you live in Croydon and are caring for someone with dementia you might want to join us for an information session on dementia, led by the Alzheimer's Society Croydon.



The session will be on Thursday 19 June, 10am - 12 noon at the Carers Support Centre.

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

## What's On at the Carers Support Centre

Download the full **timetable of May events** at the Carers Support Centre.

What's On - May 2014	What's On - May 2014
<b>Carers Cafe</b> Tuesday 20 May, 10.30am - 11.30am (except bank holidays) Drop in, relax, have a drink and enjoy free refreshments.	<b>Rothink BME Mental Health Carers Support Group</b> Thursday 8 May, 6.30 - 8.30pm Call Ruthina Khan 020 8649 6280, ext 664 to book.
<b>Free Tapes for Carers</b> Monday, 19 May, 11.30am - 12.30pm (except bank holidays) Answer Robert Alexander 020 8649 6280, ext 664 to book.	<b>Beneficial Advice Surgery</b> Wednesday 7 and 13 May, 11.30am Call 020 8649 6280 and leave a message to book an appointment.
<b>IT Buddy</b> Wednesday, 10am - 12 noon Contact Ruth Laws 020 8649 6280, ext 664 to book.	<b>Special Educational Needs (SEN) Drop-In</b> Friday 9 May, 10am - 12 noon No need to book, just drop in.
<b>Mental Health Carers Advice Surgery</b> Thursdays 13, 20, 27 May, 10am - 12pm Call 020 8649 6280 and leave a message to book an appointment.	<b>Parkinson's Society Carers Support Group</b> Monday 12 May, 10.30 - 11.30am Call Wimpole Martin 020 8649 6280, ext 664 to book.
<b>Apertis Food Tasting</b> Thursday 8 May, 10.30am - 12.30pm Come and try some of Apertis's delicious food items. No need to book, just drop in.	<b>Stroke Awareness Month</b> Starting 13 May, 10am - 12pm Staff from the Stroke Association in Croydon will be in reception offering information, advice and support services. Please see Ruth Laws, ext 664.
<b>Dad's Advice Surgery</b> Friday 2 May, 10am - 12pm Call 020 8649 6280 and leave a message to book an appointment.	<b>National Autistic Society Parents Support Group</b> Thursday 10 May, 10am - 12 noon No need to book, just drop in.
	<b>Working Carers Support Group</b> Wednesday 10 May, 6.30 - 8.30pm Contact Ruth Laws 020 8649 6280, ext 664 to book.
<b>Carers Support Centre</b>	<b>24 Hour Support</b> Croydon 020 8649 6280 See 24 Hour Support, page 1 <a href="http://www.carersinfo.org.uk">www.carersinfo.org.uk</a> Open: Mon-Fri, 9am - 5pm

## Boardroom for Hire

The Joan Harris Board Room is available to hire at the Carers Support Centre.



This space is for professional meetings only; seats up to 12 around a table, 25 without a table or standing, and costs £50 for a three-hour session.

For more information contact Alison Brewster (020 8649 6290 or email [alisonbrewster@carersinfo.org.uk](mailto:alisonbrewster@carersinfo.org.uk)).

More information on the other rooms available to hire at the Carers Support Centre can be found on our website, [www.carersinfo.org.uk](http://www.carersinfo.org.uk)



## PIP Guide

Disability Rights UK has updated *Personal Independence Payment: a guide to making a claim* to take account of additional information, including adjustments to the PIP timetable and reimbursement of travelling expenses for those attending assessment centres.



The guide can be downloaded from [www.disabilityrightsuk.org/personal-independence-payment-pip](http://www.disabilityrightsuk.org/personal-independence-payment-pip).

## Breakdown Assistance for Deaf Drivers

Deaf people can now use the Emergency Roadside Telephones operated by the Highways Agency if they breakdown on the motorway.



**Together with Deaf people;  
creating a better future**

The phones connect directly to a Highways Agency operator who will initiate Text Mode - allowing them to text the caller, and the caller to answer yes or no using the tick and cross buttons.

For more information visit [www.royaldeaf.org.uk](http://www.royaldeaf.org.uk).

## Counting the Costs

*Counting the Costs* is Contact a Family's flagship survey and report that they have carried out

every two years since 2008.

Contact a Family (CaF) is calling on anyone who cares for a disabled child to take part in the survey and help CaF raise awareness and lobby for change, particularly as welfare reforms continue to hit families with disabled children hard.

This year's *Counting the Costs* is particularly important with the general election coming in 2015.

The survey will be open until the end of May 2014, and should take no longer than 20 minutes to complete.

To take part in the survey go to [www.cafamily.org.uk](http://www.cafamily.org.uk).

## Independent Age

Independent Age is a national charity that works to prevent poverty and loneliness in older people. The charity recently launched its new freephone contact number: 0800 319 6611.



Independent Age also publishes three Wise Guides for over-65s, which are completely free to order, either online at [www.independentage.org](http://www.independentage.org) or by calling the new freephone number, 0800 319 6611.

### Wise Guide 1

*Advice for later life* - support and entitlements for over-65s.

### Wide Guide 2

*Extra help at home* - essential advice for over-65s to live independently.

### Wise Guide 3

*Healthy, happy, connected* - support and advice for older people living alone.

### Wise Guide 4

*Choosing a care home* - support and advice to get the best from your move. Wise Guide 4 is currently available to pre-order.

We also have some supplies of the Wise Guides at the Carers Support Centre, so feel free to ask for your free copies if you call in.

## New Website for Cancer Patients

Macmillan Cancer Support and the NHS have worked together to create a new website for cancer patients in England:

[www.mycancertreatment.nhs.uk](http://www.mycancertreatment.nhs.uk).



The website helps patients and their healthcare providers make informed decisions about where to be treated in England. It provides detailed assessments and national benchmarking. You can search and compare most cancer services in England, whether patients are newly diagnosed, seeking reassurance, or looking for a second opinion.

## Disability Rights UK has Moved

**Disability Rights UK** has moved to:

Ground Floor  
CAN Mezzanine  
49-51 East Road  
London  
N1 6AH



Their telephone contact numbers have also changed:

- Main office number: 020 7250 8181.
- Sales: 020 7250 8191.
- Membership: 020 7250 8180.
- Member Organisations Welfare Rights Advice Service: 020 7250 8184.
- Tribunal Support Unit: 020 7250 8193.

The Disabled Students Helpline (0800 328 5050) and the Independent Living Helpline (0300 555 1525) numbers remain unchanged.

## Jointly

Jointly is a mobile and online application created by carers for carers.

It is designed to make caring a little easier, less stressful and a lot more organised. It combines group messaging with other useful features including to-do and medication lists, a calendar and more. People can use it on their own or invite others to join the 'circle of care'.



You can purchase a Jointly circle with a one-off payment of £2.99 either through the Apple or Google Play stores, or at **[www.jointlyapp.com](http://www.jointlyapp.com)**. Once you have purchased a Jointly circle for the person you are looking after, you can then invite as many people as you want to share the care with you (at no additional cost).