

# What's New for Carers



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## Highlights from this month's *What's New for Carers?*

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Remember to [like us on Facebook](#)/[follow on Twitter](#) for the latest updates!



Every month we offer a range of free health, wellbeing and social activities for carers. Come along, meet other carers and have fun!



## May Events at the Carers Support Centre

Enjoy the run up to summer with our [May Events Calendar](#).



## Got a story to tell?

We would love to feature more stories from carers in our publications. Maybe you've done something interesting or enjoyed a local activity that you would like to tell others about. Perhaps you've got strong opinions on something in the news that affects carers. Or maybe you would just like to share your story of the ups and downs of caring. If you or someone you know would like to tell us their story, let us know by contacting [amydeakin@carersinfo.org.uk](mailto:amydeakin@carersinfo.org.uk) or calling 020 8649 6288.



## Sort your housing problem with the Housing Advice Surgery

Got a housing problem? Worried about your home? Shelter are offering appointments for carers with our regular Housing Advice Surgery. The next session will be **Wednesday 25 May, 1pm - 2.30pm**. To book your slot or find out more, call 020 8663 5608 and leave a message, or email [appointments@carersinfo.org.uk](mailto:appointments@carersinfo.org.uk).

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**Plus other exciting events for your diary...**



- 4 & 18 May - Carers Singing Group
- 26 May - Family Fund visits the Carers Cafe
- 27 May - Craft & Chatter at the Carers Cafe



News and views from and around Croydon



## Lions Afternoon at the Fair with Lions Club

Lions Club is hosting their annual day at the fair for disabled people on 31 May, 2pm - 4pm. Rides are FREE and ride operators will tailor rides to suit individual needs. The event is open to disabled people, their carers and immediate family only. If you would like to attend, please email [lionwelfare@yahoo.co.uk](mailto:lionwelfare@yahoo.co.uk) or call 07742 859 552 for a registration form. Deadline for applications is before 24 May 2016.

## Off the Record - Online support coming this spring!

Off the Record supports young people from Croydon or Sutton who are going through tough

times. From this spring, they will be launching a new series of free online services for local young people, including:

- **SkyLine Online Counselling:** Free online counselling, giving you one-to-one support to help you through tough times
- **SkyCasts Online Workshops:** Free and informal online workshops, designed to provide practical help and information about key issues you might be struggling with in your life

For more information about SkyCasts and online support offered by Off the Record, [click here](#).



## Healthwatch Croydon - Your voice matters

Healthwatch Croydon wants to hear from carers about their experiences of health and social care in Croydon. They will listen to your experiences and then raise issues with those who make decisions so that your services can be improved, as well as contributing to national agendas on key issues. Every comment can make a difference – carers' comments have supported the delivery of recent reports on children's autism services and hospital discharge for people over 65. Read the reports at [www.healthwatchcroydon.co.uk/impact](http://www.healthwatchcroydon.co.uk/impact).

If you would like to get in touch to share your experiences of health or social care services in Croydon, or you wish to invite Healthwatch Croydon to your carers support group, contact [info@healthwatchcroydon.co.uk](mailto:info@healthwatchcroydon.co.uk) or call 020 8663 5648.



## What's on at Croydon Healthy Living Hub

Trying to achieve a healthier lifestyle? There's plenty going on at Croydon Healthy Living Hub in May, including free NHS Health Checks, table tennis, events with charities such as Diabetes

UK, Macmillan Cancer Care and Stroke Association, stop smoking advice and much more. [Download the programme for May.](#)

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## National News



A selection of relevant news items from across the country

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### Disabled people at increased risk of violent crime, Victim Support research reveals

People with a limiting disability or illness are almost three and a half times more likely to suffer serious violence, analysis from Victim Support reveals. In stark contrast to the rest of the population, people with a limiting disability or illness are at greater risk of suffering violent crime than they were a decade ago: [Read more](#)



### Changes to the State Pension

[Age UK](#) has an update on changes to the State Pension. Find out how they might affect you or the person you care for: [What the new State Pension means for you](#)

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### Access your medical records online

Did you know you can access your medical



records online? From April last year all GPs should give their patients online access to a summary of their records. Having access to your records can give you more control over your health, especially if you are managing a long term health condition. You can also book appointments and order repeat prescriptions. To use the online service, talk to your GP surgery. You may need to fill in a form and bring photo ID: [Read more](#)



## News and views round up

**Prescription Charges Coalition** launches e-action to ask your MP to exempt people with long-term health conditions from prescription charges: [Read more](#)

Journeys on public transport can be over four times longer for disabled young people. *Trailblazers End of the Line 2016* report has found that journeys are often a lot longer and more expensive for disabled young people: [Read more](#)

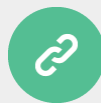
**Eight tools to save you money.** Latest blog from the Money Advice Service has 8 handy tools and calculators to help you save money: [Read more](#)



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

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[Find out more about us.](#)

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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.

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[Find out more about us.](#)

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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).