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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 December's What's On](#)

The Carers Support Centre will close from 24 December and re-open 3 January. If you need to speak to someone over this period, please contact Samaritans on 116 123.



Extra Carers Café opening hours

During December, our Carers Café will open on a self-service basis on **Monday and Thursday afternoons, 1pm - 3pm**. Carers are welcome to visit the Café to help themselves to a hot drink and refreshments whilst enjoying the free books, newspapers and magazines. You are welcome to bring the person you care for with you. Please note that our current morning Carers Café opening hours will remain as usual.



Monthly Carers Support Group

Following on from the success of our six week support group, we are starting a monthly Carers Support Group at the Carers Support Centre. The support group is for any adult carer living in Croydon who is caring for someone with an illness or disability.

The group is an opportunity to gather information, find emotional support and meet other carers in a safe, confidential space, as facilitated by trained staff. Sessions will be held on the second Wednesday of every month, 2pm - 4pm, and must be booked in advance.

[Download our flyer](#) for details. For more information, call 020 8649 6283 or email annleewarren@carersinfo.org.uk.



Looking for affordable room hire in Croydon?

Conveniently located in Croydon town centre, the Carers Support Centre offers a range of rooms to hire, with prices starting from £15 per hour. Our competitively priced rooms are suitable for training, meetings, support groups, events and one-to-one consultations, with capacity ranging from two to 52 people

Rooms are available Monday to Friday, 9.30am - 4.30pm and can be arranged in a layout to suit your needs. To enquire, call Victoria Rivera on 020 8663 5600, or email bookings@carersinfo.org.uk.

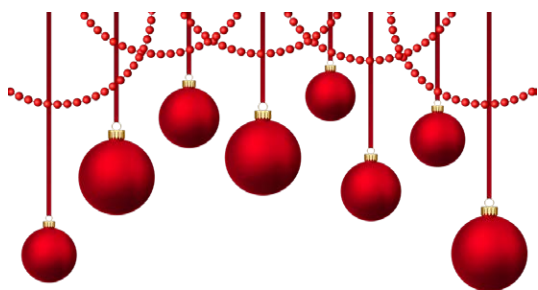
Carers' Rights Day

It was great to see so many carers



visiting the centre on Carers Rights Day. If you weren't able to make it but you would still like a pack and Carers Rights Guide, [contact us](#).

You can read our article on why Carers Rights Day matters in [The Croydon Citizen](#).



Christmas at the Carers Support Centre

Join us for our Christmas activities, including:

Christmas Craft and Chatter

16 December, 11am - 12.30pm

Why not make some winter-themed decorations or a homemade present for someone? Christmas craft materials provided.

Carers Singing Group Christmas Celebration

Wednesday 21 December 10.45am - 11.30am

Join us for a joint Christmas celebration with Keep Dancing!

Carols with the Croydon Minster Singers

Thursday 22 December from 11am

Come along and enjoy some beautiful Christmas carols - mince pies provided!



News and views from and around Croydon



Caring for someone? Let the 1596 Club give you a day off

The 1596 Club offers day services for older people. Located in Whitgift Care's Whitgift and Wilhelmina Houses members can spend a day with new friends, socialising, dining, and participating in activities. There is also access to personal care such as assisted baths, hairdressing, chiropody. Transport to and from the Club can also be arranged.

If you care for someone and think they would enjoy a day at the 1596 Club, or you could do with some respite, contact 020 8256 1596 or email

1596Club@whitgiftcare.co.uk for details. More information for all of the Whitgift Care homes, vacancies, respite care and fees can be found at www.whitgiftcare.co.uk



December workshops from Parents in Partnership

Creating a Person-Centred Plan

Monday 12 December 10am - 1pm at
the Carers Support Centre

This is an ideal workshop for parent carers of young people facing an important transition in their life. You will have an opportunity to:

- o think about what your dreams are for your child/children in the future
- o how you can achieve these
- o who could be invited and included in the planning
- o how you can make that planning centred around your child

PIP Plus Training - How to survive the Christmas period!

Tuesday 13 December 7pm - 9pm at

National News



A selection of relevant news items from across the country



Carers UK responds to Autumn Statement

The national carers' charity Carers UK has responded to the Chancellor's Autumn Statement: [Read more](#)



Age UK warning on staying warm this winter

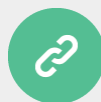
As the weather gets colder, Age UK is urging older people and their families to seek advice about protecting themselves from winter-related illnesses. Age UK has an information guide to help older people stay warm and well this winter: [Read more](#)



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**Carers
Information
Service**



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 bookings@carersinfo.org.uk.

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