

What's New for Carers?



Local News and Events



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

Knit & Natter



Would you like to come to a Knit and Natter session? Just bring your current knitting/crochet/needlework project and meet other carers who share your enthusiasm.

Knit and Natter sessions are drop-in (no booking required) and are planned for Fridays 18 September, 16 October, 20 November and 18 December, 11am – 12.30pm in the Carers Café at the Carers Support Centre.

Lunch Clubs

We are launching monthly lunch clubs for carers:

Gentleman's Lunch Club

Tuesday 13 October, 1 – 2pm.

Ladies Who Lunch

Friday 23 October, 1 – 2pm.

To book your place contact Ruth Laws (020 8649 6280, ruthlaws@carersinfo.org.uk).

Please note: bookings will only be taken from 1 September.

Please make sure you give details of any dietary requirements when booking.

These lunch clubs are open to any carer aged 16 and over who lives in Croydon.

Family Fund

The Family Fund provides grants to eligible low-income families who have a disabled child. Grants are awarded for essential items such as washing machines, fridges and clothing but funding for sensory toys, computers and family holidays will also be considered.

If you want to find out more, or would like support making an application, come and meet a member of Family Fund staff in the Carers Café on Thursdays 24 September, 29 October, 19 November and 17 December, 10.30am – 12.30pm.

Parents are welcome to just drop in during a Café session – no appointment needed.



Massage

Carers can enjoy a free 25-minute hand and arm or neck and shoulder massage at the Carers Support Centre.

Future dates: 11 September, 9 October, 20 November, 11 December.

To book a massage contact Ruth Laws (020 8649 6280, ruthlaws@carersinfo.org.uk).

Carers Singing Group

Our carers singing group is open to any carer, regardless of singing ability.

The group meets at the Carers Support Centre on a Wednesday, 11am – 12.15pm, and future dates are 9 and 23 September and 7 and 21 October.

There is no need to book a place, carers are welcome to just turn up on the day.

Parents in Partnership

Mental Capacity Act Training

Thursday 10 September, 10am – 12.30pm
A session for parents of disabled children aged 14 and over.

For more information or to book a place call Parents in Partnership on 020 8663 5626 or email office@pipcroydon.com.



Parent Forum

Tuesday 15 September, 10am – 1pm.
An opportunity for parent carers to use their experiences to inform professionals and help improve how services are delivered to disabled children and their families.

For more information contact Jane Poulter (020 8663 5626,



Laughter Workshop

Thursday 17 September, 10am – 1pm
Have fun, reduce stress and feel energised.

Siblings Workshop

Tuesday 29 September, 10am – 3pm
For parent carers of a disabled child aged under 18 who are concerned about the impact this is having on other children in the family.

Employability Skills

Tuesday 29 September. 10am - 4pm
45-minute appointments with the National Careers Service.

Power of Attorney - Your questions answered

Friday 16 October, 10.30am - 12.30pm
A talk on the ten most popular questions on Powers of Attorney.

janepoulter@pipcroydon.com).

*Both events take place at the
Carers Support Centre.*

The Impact of Caring on Relationships

Thursday 20 October, 10am - 3pm

*Explore the impact being a carer has on your
relationships with family and friends.*

All sessions are held at the Carers Support Centre
and are for carers aged 16+ who are living in
Croydon.

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

Talking About Adult Social Care

Talking About Adult Social Care is a free information event for people who use
Croydon's adult social services, and their carers.

The next event will be on Wednesday 30 September, 12 noon - 4pm, at Fairfield Halls.

The event is an opportunity to speak to decision-makers and share your ideas and
experiences; and to find out more about CarePlace - a new way to get information about
adult social care services in Croydon

Places need to be booked before Monday 21 September by calling Elizabeth Collins on
020 8726 6100 or emailing CASSUP@croydon.gov.uk.

For more information go to www.croydon.gov.uk/healthsocial/userinvolvement/incforum.



What do you think of support for carers in Croydon?

Are you a carer? Do you live in Croydon?
Are you aged 18 or over?

If you answered yes to all three questions then Croydon Council would like you to take part in a short survey to help shape future service provision.

The survey closes at 4pm on Friday 4 September 2015.



Take the survey now

For those Croydon carers aged 18 and over who haven't already taken the survey we sent out on behalf of Croydon Council earlier this week, you still have time to have your say.

The survey closes at 4pm on Friday 4 September.

National News

Your Health & the NHS

Independent Age has launched a new Wise Guide, *Your Health and the NHS: helping you get the care you need as you get older*.

The guide is available free of charge and covers topics such as:

- What health checks should you be offered?
- Could you get help with your health costs?
- What happens when it's time to leave hospital?
- What help is available to take you to hospital and back?
- Who makes the decisions that affect you?

Priority Seating Card

Southeastern Railway has introduced a Priority Seating card. The card is designed to help passengers who require a priority seat, some of whom may have a need that is not visible, to do so more discreetly and without the need to explain.

If you are over 65, pregnant, have a child under three or are disabled, you can apply for a card.

Find out more at
www.southeasternrailway.co.uk/your-journey/assisted-travel/priority-seating.

- Are you getting the free NHS services you're eligible for?

For more information or to order a copy go to www.independentage.org.

Care Act Experiences Survey

Independent Age is also conducting a survey on people's experiences under the new Care Act; particularly the experiences of service users or carers who have undergone any form of assessment since 1 April 2015.

You can take part in the survey at www.independentage.org.

Tube Feeding & Your Child

Carers UK and Nutricia have published a range of booklets to help parents who are considering tube feeding their child:

- *Making the decision to start tube feeding.*
- *How do you feel about tube feeding?*
- *A practical guide to tube feeding.*

To download free copies of the guides go to www.carersuk.org/help-and-advice/health/nutrition/tube-feeding-and-your-child.

Complain for Change

The Parliamentary and Health Service Ombudsman wants to encourage people with learning disabilities to complain when they experience poor service from the NHS.

The Ombudsman has produced leaflets, posters and videos to support people with learning disabilities to make complaints.

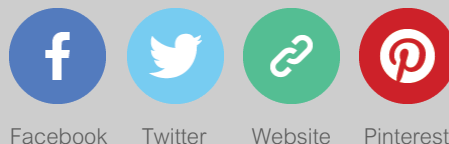
These resources can be accessed at www.ombudsman.org.uk/complain-for-change/our-resources/resources-for-people-with-learning-disabilities.

Hospital Car Parking

Julie Cooper MP, is planning to introduce new legislation to Parliament which would exempt carers from NHS hospital car parking charges in England.

To support this legislation Carers UK has launched a new campaign and is asking carers to share their experiences of hospital car parking.

Find out more and share your experiences at www.carersuk.org.



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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.

[Find out more about us.](#)

Carers Support Centre

The Carers Support Centre is the result of 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, ranging from a two-person consultation room to a large meeting room that can hold over 50 people. For more information call Steph Roane on 020 8663 5600, or email stephanieroane@carersinfo.org.uk.