

What's New for Carers

Carers
Information
Service

Events



Every month we offer a range of free health, wellbeing and social activities for carers: [find out what's on](#)



Singing, book discussion, craft sessions and more for carers this August

There's plenty going on for carers at the Carers Support Centre. Our Carers Café will be open as normal in August Monday to Friday, 10.30am - 12.30pm.

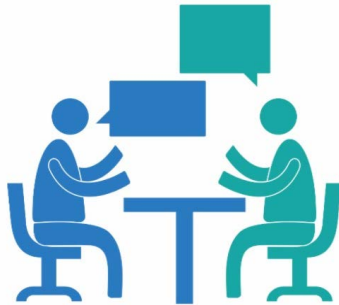
Other highlights include:

- Carers Book Club on Wednesday 10 August, 11am - 12noon - this month we are discussing [Small Island by Andrea Levy](#)
- Carers Singing Group on Wednesday 10 August & 24 August at new start time 10.30am - 11.45am - join in with this fun, informal singing

group

- **Craft & Chatter Session on Friday 26 August, 11am - 12.30pm** - bring along some craft or do some colouring in and chat to other carers for a relaxing craft session

Find all our [summer holiday season events](#) for carers this August. For more information about these events email ruthlaws@carersinfo.org.uk.



Positive Communication workshop - get your voice heard

When you are caring, it can sometimes feel like no one is listening to you. To help carers get their voices heard, we are holding a Positive Communication workshop for carers in Croydon on **Tuesday 6 September, 10am - 3pm** at the Carers Support Centre. This interactive workshop aims to help carers develop confidence in their communication skills, learning how to overcome common communication barriers in a positive and practical way.

To book your place on this exciting new workshop, email ruthlaws@carersinfo.org.uk or call 020 8649 6280.



Keep in touch on Facebook

Our [Facebook community](#) is steadily growing and we would love you to join us. [Keep in touch](#) with all the latest events and updates for carers at the Carers Support Centre by liking us. You can also [follow us on Twitter](#).



Summer money management workshops - last few places!

To help carers get on top of their financial situation, South West London Law Centres is providing 45 minute practical workshops at the Carers Support Centre. We still have a few spaces remaining for the following workshops:

- Money Management: 11 August, 1.30pm – 2.30pm
- Benefit Checker: 25 August, 1.30pm – 2.30pm

Spaces are going quickly, so book today. Call 020 8649 6285 or email angelawebb@carersinfo.org.uk for more information.



Carers Support Group starting in September

Feeling worried? Got something on your mind? Wish you could talk to someone who understands?

We still have spaces remaining on our six week Carers Support Group starting from **21 September, 2pm - 4pm**. The group provides a safe, confidential space for carers to ask questions and find mutual emotional support in a small group facilitated by a trained advice worker. The group is open to adult carers who live in Croydon and are caring for someone with an illness or disability.

Attendance is limited and those who can attend all six sessions will gain the most from taking part. To find out more and to book your place please contact 020 8649 6280 or email ruthlaws@carersinfo.org.uk.



News and views from and around Croydon

Free swimming for kids in Croydon returns this summer!



Under 16s who live or go to school in Croydon will be able to swim for free at any Croydon leisure centre throughout the summer holidays. To register, parents and carers must complete a form and pay a £2 one-off administration fee. After registering, kids can swim for free as much as they like. The scheme runs from 23 July - 4 September: [Find out more](#).

TALK TO US



Paid opportunities with Off The Record's Young Carers Project

[Off the Record's Young Carers Project](#) are looking for applications for two new paid vacancies:

Family Support Worker

- Part time, 21 hours per week, 1 year contract
- Salary pro-rata of £27,524 inclusive of Outer London Weighting

Education & Family Support Worker

- Full time, 35 hours per week, 1 year contract
- Salary of £27,524 inclusive of Outer London Weighting

The closing date for these posts is **12noon Monday 8 August 2016**. For more information about the roles and how to apply, visit [Off the Record's website](#).



Saturday Club is back!

[Croydon Mencap's](#) Saturday Club returns this summer for young people with a learning disability in Croydon. The club provides lots for young people including arts & crafts, day trips, opportunities to meet new people and games & activities. Sessions cost £8 and spaces are limited, so contact Rebecca on rebecca@croydonmencap.org.uk or call 020 8662 9201 for more information.

National News



A selection of relevant news items from across the country



News and views round up

Caring in later life significantly harms employment prospects, according to Carers UK report: [Read more](#)

Age UK launches Fix Dementia Care petition asking Jeremy Hunt to stop GP surgeries charging care homes for GP appointments [Read more](#)

Equality and Human Right's Commission says lack of progress on disability rights is society's badge of shame: [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.

[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 victoriarivera@carersinfo.org.uk.

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