

What's New for Carers

Carers
Information
Service

Events



Every month we offer a range of free health, wellbeing and social activities for carers: [January 2017 What's On](#)



Enabling Change workshop

January is the season of New Year resolutions and good intentions, but would you like to make a change that lasts this year? Our [Enabling Change workshop](#) for carers on **Tuesday 24 January, 10am - 3pm** will help you think about how to plan ahead and make change happen in a manageable way. Booking is essential - to book a slot, call 020 8649 6280 or email ruthlaws@carersinfo.org.uk.

Get Online @ Carers Café

Thanks to support from GO ON! Croydon, we are able to offer a laptop for carers' use in the Carers Café. Enjoy our free WiFi at the Carers Café Monday to Friday, 10.30am - 12.30pm: [Learn more](#)



Carers Café



Having trouble with your computer?

Our IT Buddies are here to help. IT Buddy volunteers have helped carers browse the web, set up an email account, shop online and get the best from their smartphone or tablet, plus much more. Sessions are one-to-one and open to any Croydon carer.

Our next IT Buddy sessions are:

[Wednesday 11 January, 10.30am - 12.30pm](#)

[Thursday 12 January, 10am - 1pm](#)

Booking is essential - to book your space, call 020 8649 6280 or email ruthlaws@carersinfo.org.uk. Please note we cannot provide repairs.



Find support in 2017

If you need support or just want a chance to offload, our monthly carers support group meets at the Carers Support Centre on the second Wednesday of every month, 2pm - 4pm: [Learn more](#)

Our next session is **Wednesday 11 January, 2pm - 4pm**. Booking is essential - to find out more about the group and whether it is for you, call Ann Lee-Warren on 020 8649 6283 or email annleewarren@carersinfo.org.uk.

Room hire at the Carers Support Centre

Looking for a venue for your next meeting, event or consultation?

Located just off Croydon High Street, the Carers Support Centre has a range of

rooms to hire at competitive rates, including meeting spaces, private consultation rooms and an executive boardroom. [Download our brochure](#) or [visit our website](#) for details and prices.



News and views from and around Croydon



What you need to know about... Carer's Assessments

Have you heard of Carer's Assessments, but not sure what they're all about? Or maybe you'd like one, but you're not sure who to ask?

Our [online guide](#) covers what an assessment involves, how to get one and how to make the most of your assessment. [Read it now.](#)



Do you need respite? Get 50 hours free

Help for Carers is offering up to 50 hours of respite (replacement care) for carers in Croydon. Support is provided by trained carers who can provide personal care and companionship, give medication and do bits of light housework. Visit [Help for Carers](#) for more information.

To be eligible, carers must live or work in the London Borough of Croydon and not be receiving any support services from Croydon Adult Social Care. Each break must be at least two hours, and can be taken as longer breaks over night or during weekends.

To find out more and to apply, contact Help for Carers on 020 8648 9677.



Get creative with Turf Art

Turf Art are inviting people with a learning disability to join their taster art session on **Tuesday 31 January**,
5pm - 7pm at Turf Projects, Keeley Road, Croydon. CR0 1TF. The taster is an opportunity to make friends and find creative expression in a supportive environment.

The workshops are art-focused (in the broadest sense) and in the past have covered a range activities including writing a comic for Croydon Airport, painting from still life, making animation, producing small clay sculptures and much more: <http://turf-projects.com/club-soda/>

For more details and to attend the taster, please contact Alice - alice@turf-projects.com or Isabelle isabelle@turf-projects.com.



Job Vacancy - Carer's Assessment Officer

The Croydon branch of Help for Carers is looking for a part time (28 hrs per week) Carer's Assessment Officer. Salary is £21,858 p.a. (£27,323 FTE). Application deadline is Thursday 19 January: [See full job description and download application pack](#)



A selection of relevant news items from across the country

Paralympian forced to wet herself on train without accessible toilet

Paralympic athlete, Anne Wafula Strike, has spoken out after being "completely robbed of her dignity"



when a CrossCountry train did not provide an accessible toilet on a three-hour journey: [Read more](#)

In response, *The Guardian* is asking disabled people to share their experiences of using public transport. You can share your stories online: [Read more](#)



CQC inspects London Ambulance Trust

The Care Quality Commission (CQC) is inspecting the London Ambulance Trust in February and is looking for people to share their experiences of using the service, good and bad. [Send your feedback online](#), call 0300 0616 161 or email enquiries@cqc.org.uk.



Online fire awareness course for carers launches

The London Fire Brigade has developed an online course to help carers and professionals who support elderly or disabled people. The course will help you identify fire hazards and keep yourself and the person you care for safe. It takes around 30 - 60 minutes to complete the course: [Learn more](#).

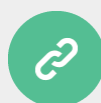
Found this email helpful? Please pass it on to anyone who you think may be interested.



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Foundation in 1997, and provides information, advice and support to Croydon's carers.

[Find out more about us.](#)

Contact us

Call: 020 8649 9339, option 1

Email: info@carersinfo.org.uk

Website: www.carersinfo.org.uk



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.

The Carers' Information Service is part of The Whitgift Foundation:
[Learn more](#)

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