

What's New for Carers?



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

Local News and Events

Training Opportunities with the Carers' Information Service

Backcare Awareness & Wheelchair Handling

Thursday 16 April, 10.30am - 12.30pm

Laughter Workshop

Thursday 23 April, 10am - 1pm

Employability Skills

Tuesday 28 April, 45-minute appointments
between 10am and 4pm

Carers - how to cope with your sleep difficulties

Thursday 30 April, 10am - 1pm

Assertiveness & Building Confidence

Tuesday 5 May. 10am - 3pm

Diabetes - your questions answered

Thursday 21 May, 10.30am - 1pm

If Only I'd Known: Caring for Someone with Dementia

Free workshops for carers (aged 16 and over) of people who have received a recent diagnosis of dementia, or people who think the person they care for may have dementia.

All workshops are held at the Carers Support Centre on a Monday, 11am - 1pm.

The three remaining sessions are:

4. Health of the person with dementia – physical and emotional, 13 April.
5. Care for the carer, 20 April.
6. The money side of things, 27 April.

To book for any of these workshops contact
Ruth Laws (020 8649 6280,
ruthlaws@carersinfo.org.uk).

All training is held at the Carers Support Centre.

How to Book

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

Any Croydon carer aged 16+ can attend these free training sessions.



Carers Reading Group

The Group is meeting in the Carers Café on Thursday 9 April, 11am - 12 noon, where copies of the next book, **The Grapes of Wrath** by John Steinbeck, will be available.

Any carers who are interested in joining the Group are welcome to just turn up on the day.

IT Buddy

Our IT Buddies offer sessions on alternate Wednesdays and Thursdays, 10.30am - 12.30pm. Carers can bring their own laptop or tablet, or use our laptop, and spend time discussing any IT issues/problems they are having with a friendly volunteer who will try their best to help.

Future dates:
29 and 30 April, 13, 14, 27 and 28 May.

Call 020 8649 6280 or email ruthlaws@carersinfo.org.uk to book a session.

Carers Singing Group

Our carers singing group is open to any carer, regardless of singing ability. Each singing session is 'stand-alone' so carers can come to one, some or all of them. The group is led by a professional singer who helps the members explore a wide range of music.

The group meets on a Wednesday, 11am - 12.15pm, and future dates are 22 April, 6 and 20 May, 3 and 17 June and 1, 15 and 29 July.

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

Free Legal Advice Surgeries

Many of the carers who drop in to the Carers Support Centre or call the Carers' Information Service office would benefit from legal advice but are not sure where to turn.

This is why we have teamed up with [Duncan Lewis Solicitors](#) to offer carers 30 minutes of free legal advice at the Carers Support Centre on a monthly basis.

A solicitor from Duncan Lewis Solicitors will be at the Centre, 12 noon - 4pm on Tuesdays 21 April, 19 May, 16 June and 14 July.

Carers can book an appointment to discuss any legal issue (except conveyancing and probate) by calling 020 8663 5608 or emailing appointments@carersinfo.org.uk.

Hear Us Open Forum

Tuesday 7 April, 1pm

CVA, 82 London Road, Croydon CR0 2TB

Topics include: Autism, SLAM's Reablement Service and Safeguarding.

For more information contact 020 8681 6888 or email info@hear-us.org.

Make Your Money Go Further

Tuesdays 14, 21 and 28 April, 6.30 – 8.30pm

Town Hall, Katharine Street, Croydon CR9 1XW

Croydon Council is offering council tenants the opportunity to attend free money management workshops to learn how to sort out a budget, spend less and increase their income.

People will need to attend all three sessions to officially complete the course and receive a certificate.

For more information or to book a place contact Theresa Rogers (020 8726 6100, theresa.rogers@croydon.gov.uk).

Elders Coffee Morning

Wednesday 15 April 2015, 10.30am to 12 noon

Asian Resource Centre of Croydon, 30 Union Road, Croydon CR0 2XU

The theme will be 'Health & Vitality'.

For more information or to book a place visit www.arccltd.com or call 020 8684 3784.

Transition Workshop

Wednesday 22 April, 10am – 12 noon

Carers Support Centre, 24 George Street

Family Lives SEND Support Service is holding a workshop on **Transition to Adulthood** on

To book a place email virginijas@familylives.org.uk.

Mind in Croydon Carers Open Day

Thursday 23 April, 10am - 4pm

Fairfield House, 10 Altyre Road, East Croydon CR0 5LA

This is a day for all carers in Croydon, not just mental health carers.

Topics include the Care Act 2014, Safeguarding Awareness for Carers, and Crisis Support.

There is no need to book - carers can just turn up on the day.

For more information contact Angela Christinis on 020 8688 1210 or email angela@mindincroydon.org.uk.

Room Hire at the Carers Support Centre

We have a range of rooms available to hire at the Carers Support Centre.

Room sizes vary from a two-person consultation room to a large meeting room capable of holding over 50 people.

All rooms have wi-fi and, except the Joan Harris Board Room, are fully accessible.

Prices start at £10 an hour to hire a consultation room.

For more information on rooms and charges call Steph Roane on 020 8663 5600, or email stephanieroane@carersinfo.org.uk.

National News



Care Act 2014

The Care Act comes into effect on 1 April 2015, and introduces major reforms to the social care system, including the strongest ever rights for carers.

See the links below for more information about the Care Act:

www.croydon.gov.uk/healthsocial/adult-care/care-act/the-care-act

www.carersuk.org/help-and-advice/practical-support/care-act-2014

Benefit News

From April 2015 the earnings limit for Carers Allowance is increased to £110 a week (from £102 a week). For more details visit www.gov.uk/government/news/boost-for-carers-from-rise-in-allowance-threshold.

For a leaflet giving details of 2015-16 benefit and pension rates visit www.gov.uk.

Care Ratings to be Displayed

From April 2015 it is a legal requirement for care providers to display their [Care Quality Commission](#) (CQC) rating.

The rating should be displayed where people will be sure to see it: in each and every premises where a regulated activity is being delivered, in the provider's main place of business and on their website.

Employment Allowance

Employment Allowance (EA) allows certain employers to reduce the amount of National Insurance contributions they pay for their employees by up to £2000.

When EA was introduced in 2014 people who employed staff for personal care and support were excluded.

From 6 April 2015 employers, including individuals, who employ care workers to support someone who needs help due to illness, disability or old age will be able to claim EA.

Transport Updates

Turn-up-and-go assistance is to be introduced at 34 London rail stations from this April. This means that passengers who need assistance, such as a ramp or being guided to the right platform, will no longer have to request it 24 hours in advance. Read more details at www.transportforall.org.uk/news/turn-up-and-go-assistance-to-be-introduced-at-34-london-rail-stations.

End higher taxi fares for disabled people - ask your MP to sign Early Day Motion 619 calling on the Government to bring into force section 165 of the Equality Act 2010, which states that private hire firms which have vehicles that have been designated as accessible by a local authority must carry passengers in wheelchairs without making an additional charge. Find out more at www.transportforall.org.uk/news/take-action-end-higher-fares-for-disabled-taxi-users.

Fun Days Out

Early Birds at the Science Museum (the next one is on Saturday 9 May, booking opens at 10am on Friday 10 April) are for families with a child who is on the autistic spectrum to come along and enjoy the museum free from the hustle and bustle of the general public.

The Museum opens early at 8.30am and some of the interactive galleries remain available exclusively to booked Early Birds guests until 11.15am.

For more information visit
www.gov.uk/employment-allowance.

Safer Banking for Disabled People

The Payments Council has produced a consumer guide called **Managing Payments: Safe ways to allow others to pay on your behalf** to help disabled people stay safe if they need help with their finances.

Early Birds are free of charge and suitable for families with children under the age of 14.

For more details visit
www.sciencemuseum.org.uk.

Special Children's Day at London Zoo (Saturday 16 and Sunday 17 May) is for children with special needs and their families and friends. There will be increased specialist facilities and numbers staff, as well as special interactive events and discounted entry.

For more details and to book tickets go to
www.zsl.org/zsl-london-zoo/whats-on/special-childrens-day-2015.



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THE
WHITGIFT
FOUNDATION
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.](#)

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.