

# What's New for Carers?



## Local News and Events



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

### Please bear with us...

The Carers Support Centre and Carers' Information Service will be short staffed over the summer.

This may result in us having to change our opening hours at short notice, or reducing the services on offer.

We would encourage carers to visit us at the Centre where possible, but if you need to call us we are more likely to be able to answer the phones in the morning.

If you don't get an answer, do leave a message and we will call you back as soon as we can - but please bear in mind that this may take us a few days.

We apologise in advance for any inconvenience this may cause carers, and will do everything we can to resume normal service and opening hours as soon as possible.



## Join our Singing Group

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

Singing has a number of health benefits, including:

- Releasing endorphins, which make you happy.
- Releasing oxytocin, a natural stress reliever.
- Improving the heart rate.
- Boosting the immune system.
- Enhancing mental awareness, concentration and memory.

If you enjoy singing but hate the thought of singing in public, don't worry: no one is ever picked on for a solo or reprimanded for missing a note! It is just about having fun, enjoying all the benefits listed above, and meeting other carers.

The group meets at the Carers Support Centre on a Wednesday, 11am – 12.15pm, and future dates are 1, 15 and 29 July.

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

## NHS Health Checks

Eligible carers (and the people they care for) can drop in for a free NHS Health Check at the Carers Support Centre on Wednesdays, 10am - 4pm.

You are eligible for a free NHS Health Check if:

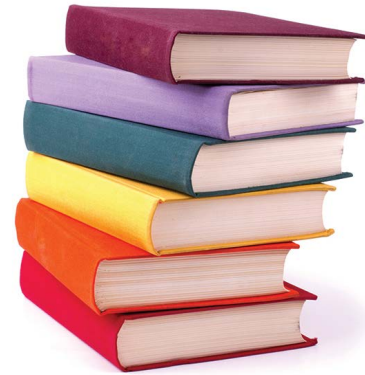
- You are aged 40-74.
- You live in Croydon, or you live outside Croydon but are registered with a Croydon GP.
- You have not had an NHS health check in the last five years.
- You have not been diagnosed with and are not taking medication for cardiovascular diseases.

For more information on health checks visit [www.croydon.gov.uk/healthsocial/phealth/healthchecks](http://www.croydon.gov.uk/healthsocial/phealth/healthchecks).

## IT Buddy

Our IT Buddies offer sessions on alternate Wednesdays and Thursdays, 10.30am – 12.30pm.

## Carers Reading Group



The Group is meeting in the Carers Café on Thursdays 9 July, 13 August and 10 September.

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

## Employability Skills

The National Careers Service (NCS) provides information, advice and guidance to help you find a job or career that suits your skills and personality.

Advisers can help with CV-writing, interview preparation, and give pointers on how to broaden job search techniques. They also conduct Skills Health Checks to identify strengths and possible areas of suitable employment if you are unsure what sort of work you are looking for.

The NCS is offering 45-minute appointments at the Carers Support Centre on Tuesday 28 July, 10.15am - 3.15pm.

To book an appointment contact Ruth Laws (020 8649 6280, [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk)).

Carers can bring in their own laptop or tablet, or use our laptop, and spend time discussing any IT issues/problems they are experiencing.

To book an appointment contact Ruth Laws (020 8649 6280, [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk)).

---

## Stay Safe

Read the latest information bulletin from Croydon Trading Standards to find out about the latest scams and how to avoid them: [www.croydon.gov.uk/advice/tstandards/doorstep-crime/infonetwork](http://www.croydon.gov.uk/advice/tstandards/doorstep-crime/infonetwork).

July is **Scams Awareness Month**, and this year the slogan is *Don't be rushed, don't be hushed* - consumers refusing to be rushed by scammers, refusing to be hushed into silence by a sense of shame, foolhardiness or weary acceptance.

## Council Opening Hours

From Wednesday 1 July, the operating times of Access Croydon and the telephone call centre will change to 9am to 4pm, Monday to Friday.

There will be no change to opening hours at the council's corporate reception, nor at the New Addington and Jeanette Wallace House satellite offices.

For more details go to [www.croydon.gov.uk](http://www.croydon.gov.uk).

## Autism Information

Croydon Council has launched dedicated web pages offering information and advice to residents with autism and their families, carers and professionals.

The new pages provide everything from advice for parents of children with autism and support group contact details to academic research and links to national charities.

For more information, visit [www.croydon.gov.uk/autism](http://www.croydon.gov.uk/autism) and the Facebook page [www.facebook.com/autismcroydon](https://www.facebook.com/autismcroydon).

## Free Sport for Young People

Game Changer provides free sporting

## Crossroads Carers Clubs

South Thames Crossroads Carers Support and Advocacy Service holds regular Carers Clubs around the borough:

**Cafe Blue**, 945 Brighton Road, Purley  
Monday 6 July, 10.30am - 12 noon

**Blue and Orange Cafe**, 85 High Street, Thornton Heath  
Thursday 9 July, 11am - 12 noon

**Treats by Eden**, 18 Central Parade, New Addington  
Friday 17 July 10.30am – 12 noon

**Shirley Cafe**, 219 Wickham Road, Shirley  
Thursday 30 July, 10.30am - 12 noon

**The Orchard Pub**, Cherry Orchard Road, East Croydon  
Tuesday 7 July, from 7.30pm

For more information call 020 8663 5664.

## Hear Us Open Forum

Hear Us, a voice for Croydon's mental health community, is meeting on Tuesday 7 July, 1pm, at CVA Resource Centre, London Road, Croydon CR0 2TB.

The speakers will be:

- Joseph Lodes, Croydon University Hospital Psychiatric Liaison Service.
- Georgina Boon, SLAM Pharmacist.

For more information visit [www.hear-us.org](http://www.hear-us.org).

## Trip to Bruges

South Thames Crossroads Carers Support and Advocacy Service is arranging a carers coach trip to Bruges on Friday 17 July. The coach will depart from Croydon Town Hall at 7.15am and return at approximately 10pm.

opportunities for young people aged 14-25 who are living in Croydon.

Sports on offer include basketball, cricket, tennis, boxing and martial arts.

To find out more go to [www.mygamechanger.co.uk](http://www.mygamechanger.co.uk).

The trip costs £40 per person, and carers will need to book a place by calling 020 8663 5664 or emailing [ros@souththamescrossroads.org](mailto:ros@souththamescrossroads.org).

Carers are welcome to bring the person they care for, but if they are a wheelchair user they will need to be able to transfer from the wheelchair to the coach.

---

## Last Few Days to Apply

We are looking for an experienced Advice Worker to join us for two days a week as part of a job share.

This is an exciting opportunity to make a real difference to the lives of carers in Croydon.

For more details go to [www.carersinfo.org.uk](http://www.carersinfo.org.uk).

The closing date is Friday 3 July 2015.

---



---

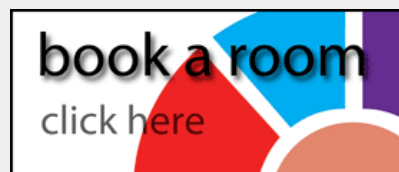
## Room Hire

The Carers Support Centre has a range of rooms available to hire: 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.

To find out more about room hire at the Carers Support Centre, or to make a booking, contact Stephanie Roane, Sales and Marketing Assistant, on 020 8663 5600 or [stephanieroane@carersinfo.org.uk](mailto:stephanieroane@carersinfo.org.uk).

*Please note that Stephanie's working hours are Monday to Friday, 9.30am - 1.30pm.*

[Full details of rooms available to hire.](#)



---

## National News

## Motability Changes

The Motability Scheme allows disabled people to get mobile by exchanging their mobility allowance to lease a car, scooter or powered wheelchair.

However, Motability has introduced changes to the eligibility criteria for a grant from the Specialised Vehicles Fund (SVF) for a drive-from-wheelchair vehicle (which allows the disabled person to drive, rather than being a passenger).

These changes mean that only those who are working, volunteering, in education or caring for at least 12 hours a week will be able to access support from the SVF. As a result Motability has predicted it will make around 50 fewer grants in 2014/2015 from the SVF fund than in the previous year.

More details can be found at [www.transportforall.org.uk](http://www.transportforall.org.uk) and [www.disabilitynewsservice.com](http://www.disabilitynewsservice.com).

## Older Carers

Independent Age has published a report on the difficulties of caring in later life.

"The impact of caring on older people can be particularly acute because it comes on top of a range of other issues which often affect people in later life including reduced income, the onset of long-term conditions and reduced social networks. In addition, research shows that the older the carer is, the more hours of care they tend to provide – with more than half of carers aged over 85 providing 50 or more hours-a-week of care, further increasing the strain on them."  
*You Don't Stop Worrying: the difficulties of caring in later life, page 2.*

Read the full report at [www.independentage.org](http://www.independentage.org).

## Young Adult Carers

Carers Trust is asking every local authority in the UK what they are doing to find young adult carers and let them know they have a right to information and support.

You can support their campaign, *Putting Young Adult Carers On the Map*, at [www.carers.org/onthemap](http://www.carers.org/onthemap).

## Care Act Update

The Care Act came into effect in April this year and is changing the way carers and adults with care needs are assessed and supported.

One of the main changes is the introduction of national eligibility criteria:

- Eligibility criteria for **carers** with support needs under the Care Act
- Eligibility criteria for adults with care and support needs under the Care Act

More information can be found at [www.carersuk.org](http://www.carersuk.org) and [www.croydon.gov.uk/careact](http://www.croydon.gov.uk/careact).

## Bipolar Support

Bipolar UK offers a Carer Link Mentoring Service provided by volunteer mentors who have first-hand experience of living with someone with bipolar.

This service is available to family, friends and carers of a person with a bipolar diagnosis. The mentoring sessions happen on a regular basis via telephone and aim to provide support, advice and practical information.

For more information contact [mentoring@bipolaruk.org.uk](mailto:mentoring@bipolaruk.org.uk) or call 01633 244 244.



Facebook



Twitter



Website



Pinterest

[unsubscribe from this list](#) [update subscription preferences](#)

*MailChimp*



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](mailto:stephanieroane@carersinfo.org.uk).