

Carers' Information Service What's New For Carers? January 2015

# What's New for Carers?



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# **Carers Support Centre**

Details of this month's events and activities at the Carers Support Centre, including:

- Yoga.
- NHS Health Checks.
- Ballroom dancing.
- Singing.
- Advice surgeries.
- IT Buddy.
- Diabetes information session.

#### And lots more...

# **Carers Singing Group**

We offer free group singing sessions to carers at the Carers Support Centre.

These sessions are open to any carer in Croydon, regardless of singing ability.

Singing brings a host of health and wellbeing benefits, including a calming effect





Dementia Resources

equivalent to a yoga session, and promotes the release of endorphins.

The next singing sessions will be on 14 and 28 January, 11 and 25 February and 11 and 25 March. All sessions are on a Wednesday, 11am - 12.15pm.

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

For more information contact Ruth Laws (020 8649 6280, ruthlaws@carersinfo.org.uk).

# **Training for Parent Carers**

Parents in Partnership (PIP) offers free training for parent carers.

All training takes place at the Carers Support Centre, 10am – 1pm.

**PIP Plus training (for** parents of young people aged 14 and over):



#### PARENTS IN PARTNERSHIP Croydon

Mental Capacity and the Court of Protection Thursday 15 January.

Training sessions for parents of a child of any age: Self-Esteem, Empowerment & Assertiveness (two-part workshop) Tuesdays 20 January and 10 February.

Contact PIP on 020 8663 5626 or email office@pipcroydon.com to reserve a place on any of these courses.

# **Scope Survey**

Scope is asking disabled people aged under 65 to fill in a survey about their experiences of social care

The survey should take no longer than 20 minutes to complete, and closes on Monday 19 January.



To take part in the survey visit www.surveymonkey.com/r /scopecaresurvey.

## **Makaton for Beginners**

A Makaton for Beginners course for parents and carers is being held at Malling Close Children's Centre on Tuesdays 20 and 27 January, 9.45am - 12 noon.

Parents need to be able to attend both sessions, which are not suitable for children.



The course costs £13.75.

For more information or to book a place visit www.carersinfo.org.uk.

# **IT Buddy**

Our volunteer IT Buddies are able to offer one-to-one support to carers who have computer questions.

We currently have appointments available on Wednesdays 21 January and 4 and 18 February, 10.30am - 12.30pm, at the Carers Support Centre.



Appointments need to be booked via Ruth Laws (020 8649 6280, ruthlaws@carersinfo.org.uk).

Why not pop into the Carers Café before or after your appointment?

# **Headway Croydon**

**Headway** supports people with a brain injury, and their families and carers.

Headway South West London runs monthly group meetings in Wimbledon and Croydon.



The Croydon group has recently changed its time and venue to:

Wednesday 21 January, 7.30 - 9pm, at Harris Academy Purley, Kendra Hall Road, South Croydon CR2 6DT

This month's topic will be social and communication difficulties which

might affect people after a head injury.

For more information visit www.headwayswlondon.org.

## **Employability Skills**

Have you taken time out from work due to your caring role?

Are you thinking of returning to paid employment?

Are you worried your job skills are out of date?



The National Careers Service (NCS) is offering carers a 45-minute appointment at the Carers Support Centre to discuss their options.

Appointments are available on Tuesdays 27 January and 24 February.

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

## **Bullying Workshop**

Family Lives SEND Support Service is running a workshop for parents of children with special educational needs on Tuesday 27 January, 10am -1pm, at Winterbourne Youth Centre, Winterbourne Road, Thornton Heath CR7 7QT.



The topic of the workshop will be Bullying in schools, and the speaker will be Angie Fenn from Contact a Family.

Email virginijaS@familylives.org.uk to book a place.

#### **Pressure Ulcer Workshops**

Croydon Council is holding a series of workshops on pressure ulcers at the Carers Support Centre. The workshops will look at



what pressure ulcers are, their causes and treatment and how to prevent them.

These workshops are aimed at social care workers, domiciliary care workers and informal carers living in Croydon.

The next workshops will be on Wednesday 28 January, 9.30am - 1pm or 2 - 5pm.

For more information or to book a place email **stephanie.cattermole@croydon.gov.uk** (or if you don't have access to email, call 020 8686 4433 ext 47214).

## **Diabetes - your questions answered**

The Carers' Information Service offers free training sessions to any carer aged 16 or over who is a Croydon resident.

A new topic for 2015 is Diabetes - your questions answered on Thursday 29 January, 10.30am - 1pm.



This will be an interactive morning offering support and advice on any subject connected to diabetes (except medication), such as:

- Coping with feelings and moods.
- Handling a hypo.
- Cooking ideas.
- How to look after your health.
- Taking blood sugars.

Unlike our other training sessions, *Diabetes - your questions answered* is open to anyone with concerns about diabetes, not just carers.

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

# **Managing Difficult Behaviour**

The Carers' Information Service is running a training and information session for carers of a child with special needs, who would like support managing their child's difficult behaviour.



The training will be held on Thursday 5 February, 10am - 1pm, at the Carers Support Centre.

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

# **First Aid Training**

The Carers' Information Service is offering a free day of first aid training for Croydon carers who care for



someone aged 16 or over.

The training will be held at the Carers Support Centre on Tuesday 10 February, 10am -3pm.



Lunch and refreshments will be provided.

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

# **Carers Reading Group**

Do you enjoy reading?

Do you wish you had someone to chat to about books?

Some of our carers are thinking of starting a carers' reading group. If you are interested then come to a meeting on Thursday 12 February, 11am - 12 noon, in the Carers Café to discuss it further.



## **Free Massage**

Carers can enjoy a free, 25-minute hand and arm or neck and shoulder massage at the Carers Support Centre on Thursday 19 February.

Appointments need to be booked in advance by contacting Ruth Laws (020 8649 6280, **ruthlaws** @carersinfo.org.uk).



## **Food First: Avoid Malnutrition**

Croydon Council and NHS Croydon are holding workshops on avoiding malnutrition. The workshops



will be led by a registered Dietitian and are open to social and healthcare assistants and *informal carers*.



The workshops are at the Carers Support Centre on Thursday 26 February, 9.30am - 12.30pm and 1.30 - 4.30pm.

For more information or to book a place email **stephanie.cattermole@croydon.gov.uk** (or if you don't have access to email, call 020 8686 4433 ext 47214).

# Mental Health & Travel Abroad

To ensure people with mental health needs have a safe trip abroad, the Foreign and Commonwealth Office has published a guidance leaflet and checklist to encourage travellers to do their research before they travel.



For more information visit

www.bipolaruk.org.uk/bipolar-uk-news/2014/10/10/new-fco-advice-on-mental-health-and-travelling-overseas.

# How to Talk About Disability

"Would we reprimand our child for pointing out a woman who has blonde hair? Probably not, because it's OK to have blonde hair. So what are we telling our kids when we reprimand them for pointing out a person using a wheelchair or a person who is blind, asks Mary Evelyn Smith?"



Read the rest of this blog at http://blog.scope.org.uk/2014/10 /28/how-to-talk-to-kids-about-disability-and-voldemort /?\_ga=1.91714842.1012233704.1402405726.

# **Dementia Resources**

Here are some links to a range of resources that may be of interest to carers of



someone with dementia, or to people who are living with dementia themselves:



#### My House of Memories

App that allows people to explore objects from the past and share memories together.

www.liverpoolmuseums.org.uk/learning/projects/houseof-memories/my-house-of-memories-app.aspx.

#### The Essential Carers Guide to Dementia

Comprehensive handbook for anyone who finds themselves caring for someone with dementia. Costs £14.99. www.independentliving.co.uk/essential-carers-guide-dementia /?utm\_source=wysija&utm\_medium=email& utm\_campaign=newsletter.

#### Your Dementia Handbook

Aimed at carers living in Berkshire, but includes lots of relevant national information and advice as well. www.berkshirehealthcare.nhs.uk/page sa.asp?fldKey=344.

#### Living with Dementia

Brutally honest film reminding us that people with dementia retain their feelings even when they lose their abilities. www.scie.org.uk/socialcaretv/video-player.asp?v=livingwith-dementia.

#### **Top 10 Dementia Tips**

Tips to help a relative with dementia. www.myageingparent.com/top-ten-tips-help-relatives-dementia.

#### Young Dementia UK

First national source of information and support to focus specifically on young onset dementia. www.youngdementiauk.org.

#### My Visitor Book

Resource to help people with dementia and their carers keep track of health and social care professionals who visit them at home. www.alzheimers.org.uk/site/scripts /download\_info.php?fileID=2346.

#### Listen, Talk, Connect

A guide to help carers, relatives and friends communicate with someone with dementia. www.careuk.com/sites/default/files/CareUK Dementia Guide.pdf.

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