

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):

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.

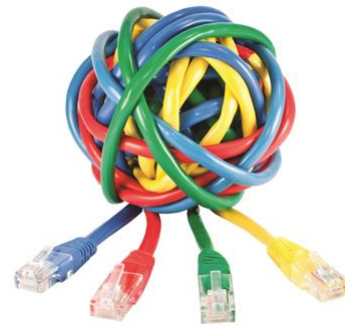
For more information or to book a place visit www.carersinfo.org.uk.



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).

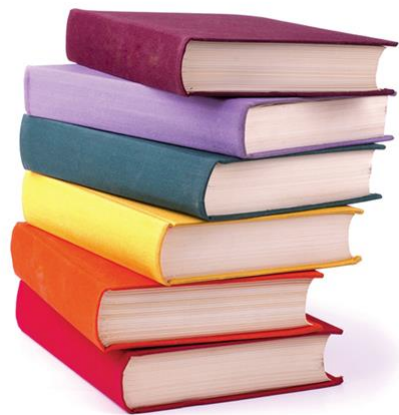


Carers Reading Group

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



A photograph showing a variety of fresh fruits and vegetables arranged in a semi-circle on a white surface. The items include purple grapes, eggplants, broccoli, celery sticks, green grapes, and sticks of yellow cheese.

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).

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.



How to Talk About Disability



Dementia Resources



www.careuk.com/sites/default/files/CareUK_Dementia_Guide.pdf.

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