

What's New for Carers?



There's plenty going on at the **Carers Support Centre** in January including information sessions with the Alzheimer's Society and advice surgeries in the areas of legal advice, housing and employment. [Read more](#)

We're also taking bookings for an information session with **Healthwatch Croydon** on Friday 5 February, 10.30am-12.30pm, where carers can discuss their views and experiences of hospital services. Email ruthlaws@carersinfo.org.uk for details.



The report of **Croydon Council's carer engagement survey** shows that carers highly value the support offered by the organisations based at the Carers Support Centre in George Street and 63% of those surveyed had accessed information and advice. Carers have asked for opportunities for a break from caring and more support in different parts of the borough. [Read more](#)



Did you see the Carers Singing Group and ballroom dancers in the news?

Croydon Advertiser ran a feature on two of our popular groups that meet at the Carers Support Centre on a regular basis. New members are always welcome. [Read more](#)



Could you pay less for your energy bills?

A free event will be held on Wednesday 17 January at Central Hall, Davidson Lodge, Freemasons Road, Croydon CR0 6PD. The session, run by [Croydon Staying Put](#) and [National Energy Action](#), will cover energy deals, fuel debt and assistance available from energy suppliers such as the [Warm Home Discount Scheme](#). [Read more](#)



Information and advice on services for children and young people with additional needs is available from [SENDirect](#) a site that has been updated to cover everything from toys, books and clothes to breaks away, health and wellbeing. [Read more](#)



Young Carers Awareness Day on 28

January is a national day of recognition for the 700,000 young people under 18 who have a caring role. [Read more](#)
In advance of this day, the [Carers Trust](#) has published a new guide for young carers, [Know Your Rights](#) which talks about the right to information and an assessment of needs. [Read more](#)



A new report from **Tinder Foundation**, in partnership with **Family Fund**, **Carers Trust** and **Carers UK**, highlights the impact that caring can have on an individual's health and wellbeing, and how these daily challenges can often be exacerbated by a lack of digital access. [Read more](#)



The government is reviewing eligibility for **Personal Independence Payment (PIP)** and is inviting responses by 28 January to proposals to reduce the number of adults claiming PIP solely because they need aids and appliances. [Read more](#)



Holders of the **Freedom Pass** for older people will receive reminder letters in January to renew by the end of March. [Read more](#). Keep up to date with other Croydon Council announcements by signing up to **Your Croydon**.



A new **National Institute for Health and Care Excellence (NICE)** guideline, focuses on what should happen in hospital, from admission onwards and throughout someone's stay, so that their discharge isn't rushed or unplanned. [Read more](#)

A 24-hour mental health telephone support line to help people who are



experiencing mental distress has been launched by [South London & Maudsley NHS Trust](#). The line is for service users, carers and anyone who needs help while in crisis. [Read more](#)



January events at the [Healthy Living Hub](#), Croydon Central Library include advice sessions from Diabetes UK, Stroke Association, Macmillan Cancer Care and [Age UK Croydon](#). [Read more](#)



A guide for fathers caring for disabled children, produced by [Contact a Family](#) has been updated and includes tips and personal stories for other dads. Updated guides are also available for [siblings](#) and [grandparents](#). [Read more](#)



Do you want to help shape the future of NHS services? Volunteers are needed to bring the voice and experience of patients, service users and carers to monthly working group meetings in Wimbledon. Deadline for applications is Friday 8 January. [Read more](#)



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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](#)



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](#)