

Carers' Information Service e-bulletin
April 2017

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What's New for Carers

Carers
Information
Service

Events



Every month we offer a range of free health, wellbeing and social activities for carers: [Download April What's On](#)



Managing Stress - top tips & workshop

Stuff getting on top of you? Feeling burnt out or overwhelmed?

Caring can be very stressful at times. We have some top tips to help carers beat stress and sleepless nights: [learn more](#).

If your stress levels are becoming a problem for you, our Managing Stress workshop for carers on **Tuesday 25 April, 10am - 3pm** is here to help. The workshop provides a safe space for carers to learn practical, healthy ways to manage stress: [learn more](#).

Booking is essential - to book, call Ruth Laws on 020 8649 6280 or email ruthlaws@carersinfo.org.uk.



GP Survey - thank you

We would like to say a big thank to everyone who responded to our GP Survey for Carers. Our report will be available in the next couple of months, so please keep an eye on our e-bulletin, website and newsletter for updates. For more information, contact Amy Deakin on 020 8649 6288 or email amydeakin@carersinfo.org.uk.



Pilates - new term dates

Spaces have now become available for Pilates for the next term starting in May. We run two sessions: 1pm - 2pm and 2.15pm - 3.15pm. Please note that bookings are taken on a termly rather than a session by session basis.

The dates for Pilates from May are:

Monday 8, 15 and 22 May

Monday 5, 12, 19 and 26 June

Monday 3, 10, 17, 24 and 31 July

To book, contact Ruth Laws on 020 8649 6280 or email

ruthlaws@carersinfo.org.uk.



Debt Clinic - April date change

The date for April's Debt Clinic has been changed from **Monday 3 April** to **Wednesday 12 April, 11am - 2pm**. The Debt Clinic offers 60 minute appointment with a South West London Law Centres (SWLLC) Thames Water Advisor, who can look at current debt issues, income maximization and assess eligibility for certain grants: [learn more](#).

To book a slot, call 020 8663 5608 or email appointments@carersinfo.org.uk.



Date change for DPACT Drop-In

The weekly DPACT drop-in will be moving from Tuesdays to **Wednesdays, 12.30pm - 2.30pm** after the Easter weekend (14 - 17 April). Dates for April are:

- Wednesday 4 April, 11am - 1pm
- Wednesday 12 April, 2pm - 4pm
- Wednesday 19 and 26 April, 12.30pm - 2.30pm

Drop-ins are welcome, but call 0800 689 7474 and leave a message to check availability.



News and views from and around Croydon



Parents in Partnership training

Crime and vulnerability workshop

Tuesday 18 April, 7pm - 9pm

Free workshop looking at what happens when a person with additional needs gets caught up in criminal activity. To book places, call the PIP Office on 020 8663 5626 or email office@pipcroydon.com.

Working Carers Group

Juggling work and care?



Want to meet others in the same boat?

Relax, chat and share experiences over snacks and drinks with the monthly Working Carers Group on the **second Tuesday of the month, 6.30pm - 8.30pm** at the Carers Support Centre. Run by the Working Carers Project, the group is open to any unpaid carer balancing care with full or part-time work. For more information and to join, contact Andy Liew on **020 8663 5664** or email andy@helpforcarers.org.uk.



Croydon Vision children and young people's activity programme

Croydon Vision has an exciting range of activities for blind and visually impaired children and young people living in Croydon and the surrounding area. Download their latest activity programme: [February to May 2017](#)

Please note that all these activities are free. Siblings and friends are also very welcome to attend. For more information and to book, please contact Alan Whetherly on **020 8688 2486 / 07931 858 064** or email on alan.whetherly@croydonvision.org.uk.



Vacancy: Befriending Co-ordinator

Croydon Neighbourhood Care (CNCA) is looking for a part-time Befriending Co-ordinator (18 hours). CNCA provides support to 45 neighbourhood care charities across the London Borough of Croydon. They are looking to appoint a self-starter who has a knowledge of statutory support, who can set up a new

service and maintain it, but has the necessary skills to provide support to the most vulnerable people in the community.

The closing date for this position is **Friday 28 April**. To receive an application pack, please call **020 8662 1000** or email info@cnca.org.uk.



A selection of relevant news items from across the country

Benefits changes from April 2017

A number of key benefits changes are coming in from April 2017, including:

- From 1 April, the Employment Support Allowance (ESA) Work-Related Activity component will be abolished for new ESA claimants
- Increase in Carer's Allowance earnings limit to £116 per week
- Bereavement Allowance, Bereavement Payment and Widowed Parent's Allowance will be replaced by the new Bereavement Support Payment (BSP) for new claims
- People starting a family after April 2017 will no longer be eligible for the Family Element in tax credits (First Child Element for those claiming Universal Credit)
- Several changes to Universal Credit (UC), including: two child limit, requirements to look for work for parents with a youngest child of three or above; and a reduction in the taper rate from 65% to 63% (reduction in benefit for every pound you earn over the work allowance limit)

Turn2Us has a full update on the changes: [read more](#)

For more information about how these changes may affect your circumstances, **contact us** or the Croydon Welfare Rights Team on 0800 731 5920.

Carer's Allowance earning limit increase



may not benefit many carers

The national disability charity Contact a Family has raised concerns that the increase in the Carer's Allowance earning limit from April 2017 will make no difference to many carers due to the rise in the National Living Wage: [learn more](#).



Major social care reform needed, according to House of Commons Committee report

The government needs to urgently review long-term social care funding and provision, according to a Communities and Local Government Committee report. The report made several significant recommendations for carers, including additional social care funding for carers and an increase in Carer's Allowance. Carers UK has responded to the recommendations: [read more](#).

The full report can be found on the Parliament website: [read more](#).



Do you or the person you care for use Dial-A-Ride or Taxicard?

The contracts for both the Taxicard and Dial-a-Ride services are up for renewal. London Councils who run the contract are currently reviewing the cost, availability of vehicles, use of black taxis or private hire cabs, waiting times and the nature of the service e.g. upgrading from a "kerb-to-kerb" to a "door-to-door" service.

To design the terms of the new contract,

London Councils want to know what you think of your current service and how you think certain changes could affect you: [take the survey now](#). For a large print, an audio or a braille version, please call 020 7934 9791 or email taxicard@londoncouncils.gov.uk.

Friends and Family Survey - can you help?

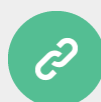
Please take a couple of minutes to let us know if you would recommend our service to friends and family: **friends and family survey**. Your feedback helps us with our funding, as well as improving our service.



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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 about us.](#)

Contact us

Call: 020 8649 9339, option 1

Email: info@carersinfo.org.uk

Website: www.carersinfo.org.uk



The Carers Support Centre is 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 for very competitive rates. For more information call Victoria Rivera on 020 8663 5600, or email [**bookings@carersinfo.org.uk**](mailto:bookings@carersinfo.org.uk).

The Carers' Information Service is part of The Whitgift Foundation. The Whitgift Foundation has a charitable commitment to provide education for the young and care for the elderly in the Borough of Croydon: **[learn more](#)**

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