

# What's New for Carers?



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## What's On at the Carers Support Centre

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

Including:

### Health, Wellbeing and Social Activities

*Such as the Carers Cafe, yoga,  
NHS Health Checks, support  
groups, and free hand massage.*



### Advice Surgeries

*Such as Carer's Allowance, Benefits, Debt, Mental Health, Education and Employability Skills.*

### Training and Information Sessions

*Such as IT Buddy, Managing Stress, Mental Health First Aid, Sibling Support and Laughter Workshop*

## Only One Office Left!

We have one remaining office available to let in the Carers Support Centre, which is suitable for up to eight members of staff. This is a brilliant opportunity to be part of the Centre and work alongside ten other voluntary organisations in the borough. For more information email

**[helenthompson@carersinfo.org.uk](mailto:helenthompson@carersinfo.org.uk)**

- **The Reality of Caring**
- **Patient Transport Survey**
- **PIP - Call for Evidence**

## Supporting Older People in Croydon

Croydon Clinical Commissioning Group (CCG) has been holding a series of events focusing on the health and independence of older people in Croydon.

There will be a feedback event on Thursday 3 July, 6 - 8pm, at Bernard Weatherill House.

This event will give people a chance to:

- Find out what residents have been telling Croydon CCG.
- Hear about what the CCG is doing with all of the information it has gathered.
- Let the CCG know what more it should be doing in this area.

### To book your place

Call: 020 3049 9989

Email: [getinvolved@croydonccg.nhs.uk](mailto:getinvolved@croydonccg.nhs.uk)

Visit: [www.croydonccg.nhs.uk](http://www.croydonccg.nhs.uk)

## Free Week Away

The Papworth Trust offers free accessible breaks to disabled people and their families who have not received a funded break from another charity or not-for-profit organisation in the last two years.



The Trust has now reopened for applications for a funded break at Kerry Farm between January and July 2015.

**Applications need to be in by noon on Friday 4 July.**

For more information, or to apply, visit [www.papworth.org.uk/kerryfarm](http://www.papworth.org.uk/kerryfarm) or call 0800 952 5000.

## Free Hand Massage

Carers can enjoy a free, 25-minute hand massage at the Carers Support Centre on:

- Thursday 10 July, 10.30am - 12 noon.
- Thursday 14 August, 10.30am - 12 noon.



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

## Brain Injury Support

The Neurorehabilitation Service at Broad Green offers a programme of educational groups for people who are living with a head injury, multiple sclerosis, stroke, encephalitis or other neurological condition and their family and carers.



### Session one

Understanding brain injury and neurological conditions  
Thursday 10 July

### Session two

Managing thinking problems (including memory difficulties)  
Thursday 17 July

### Session three

Managing communication difficulties  
Thursday 24 July

### Session four

Managing mood and emotions  
Thursday 31 July

All sessions take place at Whitehorse Resource Base (next to Tesco Express), 89 Whitehorse Road, Croydon CR0 2JJ, 3 - 4.30pm.

For more information or to book a place contact the Neurorehabilitation Service on 020 8274 6492.

## Supporting Siblings

The Carers' Information Service is running a workshop for parents of a disabled child who are concerned about the impact their child's additional needs are having on the other children in the family.



The day is designed to give parent carers the chance to meet other parents in a similar situation and explore how to best manage family life.

The workshop will be held on Thursday 11 July, 10am - 3pm, at the Carers Support Centre.

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

## SEN & Transport

The Croydon Parent Partnership Service (run by Family Lives) supports parents and carers of children with special educational needs (SEN).



The service runs regular workshops for parents.  
The next workshop will be:

### Transport Policies

Wednesday 16 July, 10am - 12 noon.

Speaker: Jackie Wright, Croydon Council's SEN Department.

At Waddon Youth Centre, 85 Waddon Way, CR0 4HY.

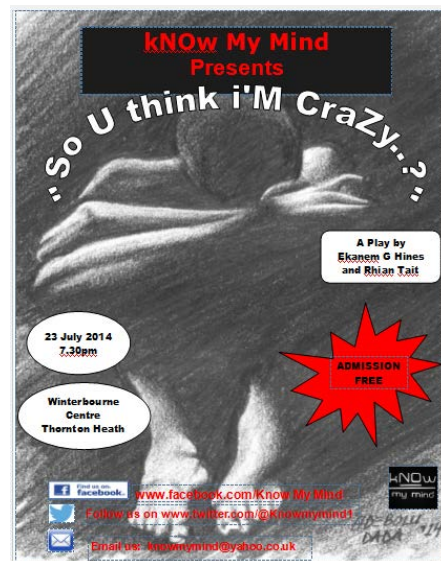
To book a place email [virginijas@familylives.org.uk](mailto:virginijas@familylives.org.uk) with your full name and contact number, and the name of the workshop you would like to attend.

## "So U Think i'M CraZy..?"

Know My Mind is staging a therapeutic theatrical performance about mental health, family and the streets of London on Wednesday 23 July, 7.30pm, at Winterbourne Centre, Winterbourne Road, Thornton Heath CR7 7QT.

The performance will be followed by a question and answer panel session to explore the stigma of mental health and the challenges of accessing services and care.

Admission is free. For tickets call 07946 530 104 or email [knowmymind@yahoo.co.uk](mailto:knowmymind@yahoo.co.uk).



## Laughter Workshop

The Carers' Information Service is offering Croydon carers the chance to attend a free laughter workshop on Tuesday 22 July, 10am - 3pm, at the Carers Support Centre.



This is your chance to discover first-hand

the physical, mental and social benefits of laughter.

For more information or to book your place contact Ruth Laws on 020 8649 6280 or email [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk).

## Employability Skills

The National Careers Service is offering one to one advice sessions at the Carers Support Centre for carers who are interested in improving their employability skills.



The service can advise on, and help with, a range of issues, such as:

- CVs.
- Skills analysis.
- Self-employment.
- Voluntary work.
- Universal Job Match.
- Interviews.

The National Careers Service will be at the Carers Support Centre on a monthly basis. Future dates are Tuesdays 22 July and 26 August.

For more information, or to book a 45 minute appointment with the service, contact Ruth Laws (020 8649 6280, [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk)).

## Help Claiming Carer's Allowance

It has been estimated by Carers UK that there are nearly 2000 carers in Croydon who are not claiming Carer's Allowance, even though they are eligible.

Do you think you might be eligible for Carer's Allowance, or do you know a carer who might be?



*For Carer's Allowance eligibility criteria, visit [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance).*

Every Monday until the end of August (as a pilot project), the Carers' Information Service is offering hour-long slots between 10am and 4pm at the Carers Support Centre where an Advice Worker will help carers to make an online application for Carer's Allowance.

We are participating in a Government research project to find out what support people will need when all benefit claim forms go online, so we will also have an observer from the Government Digital Service working alongside our Advice Workers.

To book an appointment to claim Carer's Allowance:

- Call our Advice Surgeries Booking Line on 020 8663 5608.  
*Leave a message giving your full contact details and someone will call you back.*
- Email [appointments@carersinfo.org.uk](mailto:appointments@carersinfo.org.uk)
- Visit the Carers Support Centre (Monday to Friday, 10am - 4pm).

*Don't let previous experience of claiming disability benefits put you off - the claim form for Carer's Allowance is much shorter, simpler and less daunting than those for Disability Living Allowance, Attendance Allowance and Personal Independence Payment.*

**Make sure you're not missing out on money that should be yours!**

## NHS Health Checks

Eligible carers will be able to access their free NHS Health Check at the Carers Support Centre on Wednesdays, 10am - 4pm, from 16 July onwards.

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.

To book a Health Check at the Carers Support Centre call 020 3282 7886 and quote 'carers' or visit [www.nhshealthcheck.com/croydon](http://www.nhshealthcheck.com/croydon).

For more information on health checks visit

[www.croydon.gov.uk/healthsocial/phealth/healthchecks](http://www.croydon.gov.uk/healthsocial/phealth/healthchecks)

## Workshops for Young Carers

Young carers aged 16-18 who are living in Croydon are invited to two free workshops over the summer.

### Assertiveness & Building Confidence

Tuesday 5 August, 10am - 3pm

*Learn techniques to help you stand up for yourself*

### Moving & Handling People

Tuesday 19 August, 10am - 3pm

*Learn how to physically assist the person you care for without endangering*



*your health*

For more information or to book a place on one of these workshops call 020 8649 9339, option 2 or email [youngcarers@offtherecordcroydon.org](mailto:youngcarers@offtherecordcroydon.org)

## BME Mental Health Support

Rethink Croydon Carers Support Service runs a support group for black and minority ethnic (BME) carers of someone with a serious mental illness.

The group meets on the first Tuesday of the month, 6.30 - 8.30pm, at the Carers Support Centre.

The next meeting will be on 5 August.

For more information, or if you would like to attend, call Pauline Fisher on 020 8649 9339, option 3, or email [croydoncarers@rethink.org](mailto:croydoncarers@rethink.org).

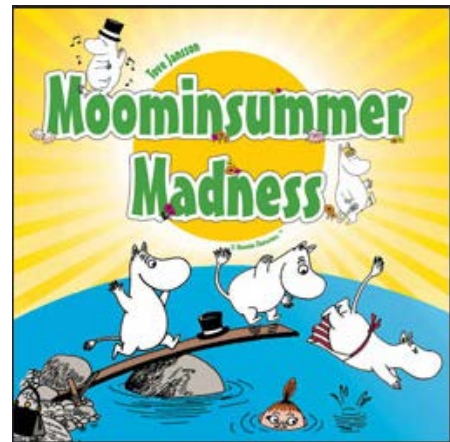


## Moominsummer Madness

Daytrippers is privately hiring out the Polka Theatre for a SIGNED performance of the Moominsummer Madness puppet show with live music on Tuesday 12 August, 11am - 12.35pm.

Tickets for this show are free of charge.

This event is ideally suited for children aged 4 - 8 but all ages are welcome.



Tickets are going fast so book now at [www.daytrippers.org.uk](http://www.daytrippers.org.uk).

## Relaxed Performance of War Horse

On Saturday 20 September at 2pm the National Theatre's internationally acclaimed production of Michael Morpurgo's War Horse will hold a relaxed performance at the New London Theatre.

This relaxed performance of War Horse has been specially

designed to welcome people with an autism spectrum condition, sensory or communication disorder, or learning disability into the theatre. This performance will have a less formal, more supportive environment to reduce anxiety levels. The atmosphere in the auditorium will be relaxed and members of the audience will be free to come and go as they please throughout the performance and make noise if they want to.

Lighting and sound levels will be adjusted to soften their impact. Designated 'chill-out' areas will be provided outside the auditorium in addition to National Autistic Society volunteers being on hand throughout the performance to offer support and assistance to families if and when needed.

Tickets are on sale at a specially reduced price of £25 for this performance.

For more information or to book tickets visit

**[www.nationaltheatre.org.uk/shows/war-horse-at-the-new-london-theatre](http://www.nationaltheatre.org.uk/shows/war-horse-at-the-new-london-theatre)**

## Got an Enquiry?

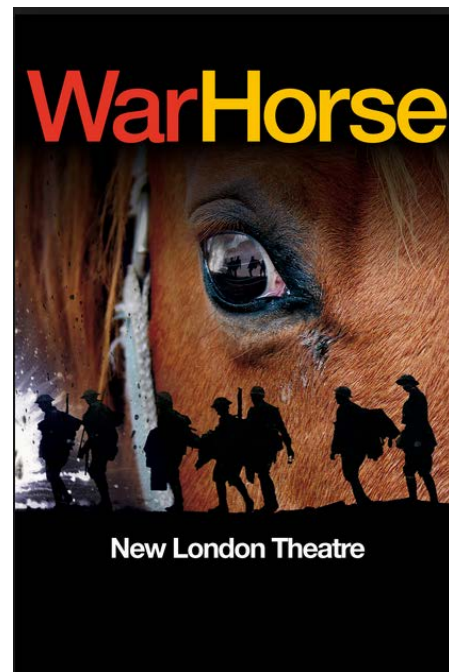
If you have an enquiry about anything to do with your caring role you can contact the Carers' Information Service in a number of ways:

**Call** 020 8649 9339, option 1

*If there is no answer please leave a message and we will get back to you*

**Email** [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk)

**Visit** Carers Support Centre, 24 George Street, Croydon CR0 1PB, Monday to Friday, 10am - 4pm.





## Consultation on Care Act

The Department of Health is seeking views on how local authorities should deliver the care and support reforms in the 2014 Care Act.

The department is asking for views on the draft regulations and guidance for Part 1 of the 2014 Care Act.



Care and Support Minister Norman Lamb said:

"Care and support is something that nearly everyone in this country will experience at some point in their lives. Our Care Act will make the system fairer by putting people in control of their care and limiting the amount anyone may have to pay for the support they need.

"These regulations and guidance will help support councils in making these reforms a reality. We ask people to continue to share their views and experiences as part of this consultation to make sure we deliver real, lasting change for people across the country."

To take part in the consultation visit

**[www.gov.uk/government/news/care-act-2014-launch-of-care-and-support-consultation](http://www.gov.uk/government/news/care-act-2014-launch-of-care-and-support-consultation)**.

## The Reality of Caring

Research published to mark Carers Week 2014 has revealed that the general public has very little awareness of the realities of being a carer.

For example,

**A fifth of UK adults thought:**

One in 25 adults is a carer

**The reality is:**

One in eight adults is a carer.

To read the research in full go to **[www.carersuk.org/news-and-campaigns/news/wake-up-call-for-nation-over-reality-of-family-caring](http://www.carersuk.org/news-and-campaigns/news/wake-up-call-for-nation-over-reality-of-family-caring)**.



## Patient Transport Survey

Transport for All has launched a new campaign, Sick of Waiting, to improve patient transport.

The campaign wants to see minimum standards on things like waiting times and eligibility criteria written into patient transport contracts, and to ensure that hospital Trusts have the power to hold to account the private companies who deliver patient transport.



Good or bad, Transport for All would like your reports of patient transport. They will use this evidence to help convince Trusts that patient transport contracts must put patients' needs first.

Have you or a relative or friend used patient transport in the last year?

- How did you find it?
- How long did you have to wait to be picked up?
- How was the driver and the discharge lounge?

You can complete the survey online, by post or by phone. For full details of how to take part visit [www.transportforall.org.uk/news/sick-of-waiting-our-new-campaign-on-patient-transport](http://www.transportforall.org.uk/news/sick-of-waiting-our-new-campaign-on-patient-transport).

## PIP - Call for Evidence

The Department for Work and Pensions (DWP) is seeking feedback about how the Personal Independence Payment (PIP) process is working as part of the first independent review of the new disability benefit that was introduced last year.



The review includes all stages of the PIP process – from making a claim, the face to face consultation, the daily living and mobility criteria and getting a decision.

Any organisations or individuals who have experience of how the PIP assessment process is working (for new claims, Disability Living Allowance reassessments and claims made under the Special Rules for terminally ill people) are invited to share their views.

For more information and to have your say visit

[www.gov.uk/government/consultations/personal-independence-payment-pip-assessment-first-independent-review](http://www.gov.uk/government/consultations/personal-independence-payment-pip-assessment-first-independent-review).

The call for evidence closes on 5 September 2014.