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Carers' Information Service e-bulletin December 2015 View this email in your browser

## What's New for Carers?





The Carers Support Centre at 24 George Street provides carers in Croydon with a whole host of advice surgeries, information and training sessions and health and wellbeing activities. Our calendar of events is regularly updated so you never need to miss out on all our fabulous activities. We will be closed from Christmas Eve and re-open on Monday 4 January 2016. Read more



Care Quality Commission CarePlace **is a new resource for Londoners** which lists care and community services, information and guidance. Narrow your search according to location and you can find many of Croydon's services for carers. Read more

The CQC has launched a campaign to promote good practice in the care of the 1 in 3 people in England affected by hidden conditions such as diabetes, heart disease, arthritis and depression. Join the conversation on Twitter and 1

## read more



**Come and celebrate Christmas** in the Carers Café with mince pies and a performance from our very own Croydon Carers Choir on Wednesday 16 December, 11am - 12.30pm. Read more



A new report shows that there are 700,000 people in the UK caring for someone with dementia. Read more Easy to understand information about dementia is available for children and young people who have a family member affected by the condition. Read more

Shelter The housing and homelessness charity

A specialist housing advice surgery for carers will be on offer at the Carers Support Centre in 2016. Run by Shelter, 30 minute appointments will be offered on a monthly basis. Any housing issue covered. Read more



**Did you know there are 6.5 million carers** in the UK or that 1.3 million carers are aged over 65? Updated for Carers Rights Day last month, Carers UK has produced Facts about Carers 2015 which gives an insight into the national picture of caring. Read more

The High Court has made a



**landmark judgement** by ruling that carers in receipt of Carer's Allowance should be exempt from the benefit cap, which limits the number of benefits you can get if you are of working age. Read more



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Carers

Support Centre



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