

# What's New for Carers?



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## Carers News

As well as this monthly e-bulletin, we also publish a newsletter, *Carers News*.

The latest edition of *Carers News* (November/December) is out now. To read it go to

[www.carersinfo.org.uk](http://www.carersinfo.org.uk)

From 2015 we will be publishing *Carers News* on a quarterly basis, so the next newsletter will be the January/February/March 2015 edition (and should be with you by mid-February).



## What's On at the Carers Support Centre

**All the events and activities at the Carers Support Centre in November, including:**

### Health, Wellbeing & Social Activities

Such as the Carers Cafe, free yoga classes, NHS Health Checks and free arm & hand or neck & shoulder massages.



#### **lunch?**

- **Carers Rights Day 2014**
- **Feedback from Learning Disability Carers**
- **Age UK Needs Volunteers**
- **A Fair Start for Young Carers**
- **Launch of the First Disability Power List**
- **Macmillan Organiser**
- **Healthwatch Survey**
- **Buying in Care Services**

#### **Advice Surgeries**

On topics such as Benefits, Debt, Mental Health, Special Educational Needs and Employability Skills.

#### **Training & Information Sessions**

Such as Pressure Ulcer Workshops and The Impact of Caring on Relationships.

### **Raising Awareness**

#### **Dyslexia Awareness Week**

Monday 3 - Sunday 9  
November

[www.dyslexiaaction.org.uk/dyslexia-awareness-week-2014](http://www.dyslexiaaction.org.uk/dyslexia-awareness-week-2014)



#### **National Stress Awareness Day**

Wednesday 5 November

[www.isma.org.uk/about-national-stress-awareness-day](http://www.isma.org.uk/about-national-stress-awareness-day)

#### **World Diabetes Day**

Friday 14 November

[www.idf.org/worlddiabetesday](http://www.idf.org/worlddiabetesday)

#### **World COPD Day**

Thursday 20 November

[www.goldcopd.org/wcd-about](http://www.goldcopd.org/wcd-about)

### **Healthy Living Hub**

The Healthy Living Hub is a great place to get information to help you follow a healthy lifestyle.

It offers a free NHS stop smoking service (one-to-one consultations) and free healthy eating and physical activity advice.



The Hub is located on the ground floor of the Central Library, Katharine Street.

For details of events in November at the Healthy living Hub, visit

[www.croydon.gov.uk/healthsocial/phealth/hlhub/hlh\\_events](http://www.croydon.gov.uk/healthsocial/phealth/hlhub/hlh_events).

### **Sight Village**

The Queen Alexandra College Sight Village is an exhibition of technology, equipment and services for people with a visual impairment and for people experiencing age-related sight problems.



The exhibition comes to London on Tuesday 4 November, 10am - 5pm, at Kensington Town Hall, London W8 7NX.

Entry is free, but pre-registration is recommended.

For more information and to register go to [www.qacsightvillage.org.uk](http://www.qacsightvillage.org.uk).

## Hear Us

The next Hear Us open meeting will be on Tuesday 4 November, 1pm, at CVA Resource Centre, 82 London Road, Croydon CR0 2TB.



The main topics will be:

- Advocacy (Mind in Croydon).
- Solidarity in a crisis (peer support crisis line).
- Research in mental health.

For more information call 020 8681 6888 or email [info@hear-us.org](mailto:info@hear-us.org).

## Fairfield Drama Group

After a very successful taster session with the Brit School, the Fairfield Drama Group at Mind in Croydon will be starting on Friday 7 November, 1.30 - 2.30pm.



For more information or to register interest contact Matthew from Social Networking (020 8688 1210, [matthew@mindincroydon.org.uk](mailto:matthew@mindincroydon.org.uk)).

## New Sibling Support Group

Do you have a brother or sister with a mental illness?

Come and chat informally with others like you on Saturdays 8 November and 6 December, 11am, at Fairfield House, 10 Altyre Road, East Croydon



CR0 5LA.

The group will meet four-weekly after that.

For more information text 07930 617 691, or people are welcome to just turn up.

## **Dementia & Diverse Communities Conference**

The Dementia and Diverse Communities conference will focus on the needs of people living with dementia from Black and Minority Ethnic (BME) communities in Croydon.

The conference is an opportunity for those commissioning, providing and in receipt of dementia services to shape and inform what the borough's future BME specific service provision will look like for people living with dementia in Croydon.

The Dementia and Diverse Communities Conference is on Tuesday 11 November, 9.30am - 3.45pm, at The Conference Centre, Croydon College, College Road, Croydon CR9 1DX.

To register for a free place at the conference go to

**[www.eventbrite.co.uk/e/dementia-and-diverse-communities-tickets](http://www.eventbrite.co.uk/e/dementia-and-diverse-communities-tickets)**.



## **Equality and Inclusion Policy Update**

Croydon Council is updating its Equality and Inclusion Policy to ensure the borough continues to be a place where everyone has fair and equal opportunities and life chances.

**CROYDON**  
**[www.croydon.gov.uk](http://www.croydon.gov.uk)**

To make sure that the draft policy includes the most important actions that will make a real difference in addressing people's needs and concerns Croydon Council is asking residents, people who use their services, Council employees and the community and voluntary sector to tell them whether they agree with the proposed policy or not.

To find out more, read the draft policy and take part in the survey, visit

**[www.croydon.gov.uk/community/equality/ei-policy](http://www.croydon.gov.uk/community/equality/ei-policy)**.

The consultation ends on Friday 14 November.

## Enter & View Training

**Healthwatch Croydon** helps local people get the best out of their local health and social care services:

whether it's improving them today or helping to shape them for tomorrow.



Healthwatch is currently looking for volunteers who are interested in taking part in 'Enter and View' visits as an Authorised Representative. This role involves observing how services are being delivered, collecting the views of service users at the point of delivery, and gathering the views of carers and relatives of service users.

The next Enter and View training is taking place on Monday 17 November, 10am - 4pm at CVA Resource Centre, 82 London Road, Croydon CR0 2TB.

For more information or to book a place call 020 8663 5648 or email [info@healthwatchcroydon.co.uk](mailto:info@healthwatchcroydon.co.uk).

## Pre-School Keyworker Needed

Croydon Mencap is recruiting for a Keyworker at Croydon Opportunity Pre-School, Oasis Academy Children's Centre, Malling Close, Croydon CR0 7YD.

This role involves working with pre-school children aged 2-4 years who have severe to profound and multiple learning disabilities.



NVQ3 or equivalent (minimum grade C or above) childcare qualification required.

Some experience working with special needs children would be an advantage but is not essential, full training will be given. Croydon Opportunity Pre-School is committed to equality of opportunity.

### Job Description

- Keyworker allocated to children and their families.
- Able to provide safe and stimulating play for children with disabilities.
- Ability to work in partnership with parents as part of a multi-disciplinary team, helping the children to reach their full potential.
- Participate in planning, preparation and delivery of learning activities and goals for groups and individual children.
- Ability to monitor, assess, and report progress in written form and verbally when required.

- MUST have the ability to write clear, useful observations and produce accurate records and reports on their children.

Sessions are term time only: 30 hours per week, Monday to Friday 9.15am - 3.15pm.

Wages are £8.50 per hour for 39 weeks of year.

For further information please call 020 8655 5684 or email

**[copg@croydonmencap.org.uk](mailto:copg@croydonmencap.org.uk)**.

Closing date: Monday 17 November.

## Behaviour Management

Croydon Family Lives SEND Support Service is holding a workshop for parents on Behaviour Management for Children with Special Educational Needs on Wednesday 19 November 10am - 12 noon, at Waddon Youth Centre, 85 Waddon Way, Croydon CR0 4HY.



To book a place email **[virginijas@familylives.org.uk](mailto:virginijas@familylives.org.uk)**.

## Trip to Calais

Croydon Carers Centre (the one based in Katharine Street) is organising a trip to Calais for carers (carers are welcome to bring the person they care for as well) on Friday 21 November.



The coach will depart Croydon at 7am (sharp) and return at 9pm. Once in Calais carers are free to spend their day how they wish. The cost is £45 per person.

For more information, or to book a place, contact Croydon Carers Centre (020 8688 7219, **[enquiries@croydoncarers.org.uk](mailto:enquiries@croydoncarers.org.uk)**) or call Lucille Montgomery on 020 8651 1434.

## Family Link Worker

**Parents in Partnership (PIP)** is looking for a Family Link Worker to join their team to provide information and signposting to families who have a child with a disability.

**JOB  
VACANCY**



Experience of living or working in the field of disability is essential.

This role is for 21 hours a week on a fixed term contract.

For an application pack call 020 8663 5626 or email [office@pipcroydon.com](mailto:office@pipcroydon.com).

Closing date: Friday 21 November.

## Training for Parent Carers

**Parents in Partnership (PIP)** offers free training for parent carers.

Future training sessions:



### **Transition to Adult Services – how does it all work?**

Friday 21 November, 10am – 1pm, at the Carers Support Centre.  
*This session is for parents of young people aged 14 and over.*

Contact PIP on 020 8663 5626 or email [office@pipcroydon.com](mailto:office@pipcroydon.com) to reserve a place on this course.

## Who said there's no such thing as a free lunch?

Crossroads South Thames Carers Support and Advocacy Service is offering carers a free lunch at The Orchard Pub, 112 Cherry Orchard Road, Croydon CR0 6BA on Monday 24 November or Monday 8 December at 12.30pm.

 Crossroads logo

Places must be booked in advance by calling 020 8663 5664 or emailing [barbaraf@souththamescrossroads.org](mailto:barbaraf@souththamescrossroads.org).

Please note, the lunch is free, but carers will need to pay for their own drinks.

## Carers Rights Day 2014

Carers Rights Day 2014 is on Friday 28 November. This year's theme is *Looking after someone? Know your rights*, and will focus on making carers aware of their rights, letting carers know where to get help and support, and raising awareness of the needs of carers.

If you want to know more about your rights as a carer, and what support is



available, make sure you drop in to the Carers Support Centre, Monday to Friday, 10am – 4pm (or call 020 8649 9339, option 1 or email [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk)).

## Feedback from Learning Disability Carers

NHS England is carrying out its annual Joint Health and Social Care Self-Assessment. One of the aims of the 2014/15 Assessment is to check that adults with learning disabilities and their families:



- Get the same life chances as other people such as having a job or being safe where they live.
- Get good access to health services to stop them becoming unwell when this could have been stopped.

Croydon Learning Disability Partnership Board would welcome feedback and experiences from family carers of adults with a learning disability about the services they receive and use.

If you would like to help please complete this **Feedback Form**.

All feedback must be returned by Sunday 30 November 2014.

## Age UK Needs Volunteers

Age UK Croydon offers a Visiting Service to lonely and isolated older adults in Croydon.



In order to help run this service effectively, it is looking for volunteers who could spare a couple of hours each week and are interested in working with older adults. This could be either during the daytime, early evening after work or even at weekends.

You could be helping out with one or all of the following services:

- Befriending Service – have a chat with someone in the comfort of their own home.
- Administrative Support – help with letters and filing.
- Re-enablement Service – support someone to gain confidence to go out and attend activities.

In return Age UK Croydon will provide training, out of pocket expenses and support for making a difference to someone's life.

For more detailed information on the role please click on the link below:

**[www.ageuk.org.uk/croydon/how-you-can-help/volunteering/visiting-services-volunteer](http://www.ageuk.org.uk/croydon/how-you-can-help/volunteering/visiting-services-volunteer)**.

Alternatively, call Geeta Shah on 020 8680 5450 or email [VisitingService@ageukcroydon.org.uk](mailto:VisitingService@ageukcroydon.org.uk) for an application form.



## A Fair Start for Young Carers

Carers Trust has launched Fair Start, a campaign calling on the government to give extra funding to schools so that they can support young carers to have the same life chances as everyone else.



A great way to get young carers the help they need is through something called the Pupil Premium. Many young carers struggle in school because of their caring role, and Carers Trust wants the Pupil Premium to be given to all young carers so they can get the same life chances as everyone else.

Sign the **Fair Start petition** now and show the government how much people care about young carers.

## Launch of the First Disability Power List

Powerful Media, in partnership with Shaw Trust, have announced the launch of **Power 100: The most influential people in Britain with a disability or impairment**.

The list is the first of its kind to be published in Britain.

For more details, and to read the list, go to **[www.shaw-trust.org.uk/media-centre/news/launch-of-the-first-disability-power-list](http://www.shaw-trust.org.uk/media-centre/news/launch-of-the-first-disability-power-list)**.



## Macmillan Organiser

My Organiser is a new mobile app from Macmillan Cancer Support that can help you plan and record everything that's important to you, from appointment times and contact details to reminders for when to take your medication.



It's easy to navigate and simple to use, so give it a try today by downloading it for free from the **Apple App Store** or **Google Play** using your mobile phone.

For more information visit **[www.be.macmillan.org.uk](http://www.be.macmillan.org.uk)**.

## Healthwatch Survey

**Healthwatch Croydon** wants to hear your views and experiences of Croydon's health and social care services to help improve services for all in London Borough of Croydon.



To take part in the survey go to [www.surveymonkey.com](http://www.surveymonkey.com).

## Buying in Care Services

Carers Trust has produced an online guide to the questions carers should ask when thinking about buying in care for a family member.



Choosing the right care provider can give carers peace of mind and the confidence to lead a life of their own, as well as making a huge difference to the life of the disabled person - so it's essential to choose the provider who will give the best all round service for all of your needs, and that means asking a number of vital questions first.

To read the guide go to [www.carers.org/help-directory/buying-care/questions](http://www.carers.org/help-directory/buying-care/questions).

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