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Carers' Information Service  
What's New For Carers?  
**June 2014**

# What's New for Carers?



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## CARERS INFORMATION DAY

The Carers' Information Service has always been a firm believer that information is one of the best ways of making a real difference to carers' lives.

*How can a carer access a respite scheme if they don't know it's there to ask about?*

*How can a carer claim a benefit they don't know exists?*

*How can a carer exercise their rights if they don't know what those rights are?*

Ensuring carers are as well-informed as possible about the support and services available to them is one of the reasons we host our annual Carers Information Day. We know carers can be short on time and energy, so we bring as many service providers together as possible so that the maximum amount of information can be gained with the minimum of time and effort.

This year the Carers Information Day will be held on **Thursday 5 June, 10am – 4pm**, in the Arnhem Gallery at the Fairfield Halls. It will begin a series of events celebrating Carers Week (9-14 June) – an annual awareness campaign celebrating and recognising the contribution made by the UK's 6.5 million carers.

### Health Checks

The ToHealth Croydon Council NHS Health Checks Project will be



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#### Vacancy at the Carers' Information Service



We are looking for a part-time Information Worker to join our team.

Visit [www.carersinfo.org.uk](http://www.carersinfo.org.uk) for more details.

offering health checks to carers aged 40 and over.

A health check should take 20-30 minutes and will include blood pressure and cholesterol checks, and a lifestyle assessment.

#### Benefits Checks

Croydon Welfare Rights Team will be carrying out benefits checks for carers throughout the day.

There is no need to book a place, carers are welcome to drop in at any point during the day.

We look forward to seeing you there!

## CARERS WEEK - Croydon

There are lots of events taking place in Croydon to celebrate Carers Week 2014.



Here are just some of the activities you could get involved in:

- Hand massage
- Tea dance
- Pampering
- Singing
- Creative arts
- Hatters Tea Dance with live music
- Tour of Grade II listed Davidson Lodge
- Afternoon Tea (at the Carers Support Centre, see below).

For full details of all Croydon Carers Week events visit [www.cnca.org.uk](http://www.cnca.org.uk).

## CARERS WEEK - Join Us for Afternoon Tea

To celebrate Carers Week we are hosting afternoon teas at the Carers Support Centre on Tuesday 10, Wednesday 11 and Thursday 12 June, 2 - 4pm.

So join us, meet other carers, and treat yourself to delicious sandwiches, scones and cake.



For more information, or if you would like to attend, please call us on 020 8649 9339, option 1.

Numbers are limited, so contact us as soon as possible to make sure you get a place.

## CARERS WEEK - Online Party

The Carers Trust is hosting an online party to celebrate Carers Week; the invitation on their Carers Chat Forum reads:



"Hello everyone,

As some of you may know, it's Carers Week on the 9 - 15 of June - a reason to celebrate and also acknowledge all that carers do! So we're happy to announce that we'll have a Carers' Week Party in the chatroom on Wednesday, the 11 June, at 8pm. So, dust your party hats, chill the virtual refreshments, and head along to the chatroom for some fun and laughter and a little quiz too - we hope to see lots of you there!"

For more information visit [www.carers.org/forums](http://www.carers.org/forums).

## CARERS WEEK - Trip to Bruges

Croydon Carers Centre is marking Carers Week by organising a trip to Bruges for carers (carers are welcome to bring the person they care for as well) on Friday 13 June.



The coach will depart Croydon at 7am (sharp) and return at 9pm.

Once in Bruges carers are free to spend their day how they wish.

The cost is £40 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.

## Information Worker Vacancy

**The Carers' Information Service is looking to recruit a new member of staff to join our busy team at the Carers Support Centre.**

### Information Worker

Part-time (21 hours a week)  
Salary circa £22k pa (pro-rata)



The Carers' Information Service (CIS) provides free information,

advice, training and support to carers in the Croydon area who look after a family member or friend with an illness or disability. In partnership with Croydon Council, we also run the new Carers Support Centre in George Street.

This is an exciting time at the CIS, and in response to record numbers of carers contacting us for information and advice we are looking for an Information Worker to join our team. The Information Worker will work alongside the Information Officer to help deal with enquiries from carers and professionals, develop and maintain our website, produce publications and generally ensure the information needs of the CIS team are met.

For more information and to apply go to:

[www.latestvacancies.com/whitgift/default-carers-info.asp](http://www.latestvacancies.com/whitgift/default-carers-info.asp).

Closing date for applications: 5pm Thursday 12 June 2014.

Interview Date: Thursday 19 June, at the Carers Support Centre.

## What's On at the Carers Support Centre

For details of all the events and activities taking place at the Carers Support Centre in June, visit

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

## SEN Workshops

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



The service runs regular workshops for parents. Future workshops:

### SEN Reform - Personal Budgets

Wednesday 4 June, 10am - 12 noon

Speaker: George Riley, Croydon Council's Children with Disabilities Service

### Transport Policies

Wednesday 16 July, 10am - 12 noon

Speaker: Jackie Wright, Croydon Council's SEN Department

To book a place on a workshop 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.

## The Autism Show

The Autism Show is for the growing community of parents, carers, professionals and individuals on the autism spectrum who all too often don't know where to turn for answers.



The event attracts more than 7,000 people searching for the latest information, advice, products and services on the condition.

The Autism Show is at ExCeL London on 13 and 14 June.

Tickets cost £11 in advance or £16 on the door (concessions are available).

For more information or to book tickets visit [www.autismshow.co.uk](http://www.autismshow.co.uk).

## Interested in Makaton?

As part of Adult Learners Week, families with a child aged eight and over can take part in a basic Makaton lesson.

Makaton uses signs, symbols and speech to help children and adults communicate.



The lesson will be held on Saturday 14 June, 2.30 - 3.30pm, at the Central Children's Library.

To book a place call 020 3700 1044 or call into Croydon Central Library and ask a member of staff at the main reception for a ticket.

## Planning for the Future

The Mencap Wills and Trusts Team offers free information seminars on how to take care of someone with a learning disability when you are no longer around - by making a suitable will or setting up a trust.



A local solicitor with experience of drafting wills and trusts for the benefit of people with a learning disability is present at all the seminars, and they are an ideal opportunity to ask any questions that

you may have with regards to your family will.

There will be a seminar in Croydon on Monday 16 June, 6.30 - 8.30pm, at Croydon Masonic Hall, 73 Oakfield Road, Croydon CR0 2UX.

To book a place contact Gina Collins on 020 7696 6925 or email [willsandtrusts@menicap.org.uk](mailto:willsandtrusts@menicap.org.uk).

Please note places at these seminars are always very popular so please book your place as early as possible to avoid disappointment.

If you cannot make the event but would like information about providing for someone with a learning disability in your will, visit [www.menicap.org.uk/willsandtrusts](http://www.menicap.org.uk/willsandtrusts).

## Caring for Someone with Dementia

If you live in Croydon and are caring for someone with dementia you might want to join us for an information session, led by the Alzheimer's Society Croydon.



The session will be on Thursday 19 June, 10am - 12 noon 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)).

## Learn to Cha Cha

Would you like to try ballroom dancing?

Always wanted to know how to Cha Cha Cha?



Now you can!

Thanks to the Carers' Information Service and Drolet Dance Club, Croydon carers are being offered the chance to attend free dance classes at the Carers Support Centre.

The first group of sessions will be held on Fridays: 20 and 27 June and 4 and 11 July, 10.30 – 11.30am, and will focus on the Cha Cha Cha.

To book your place contact Ruth Laws (020 8649 6280, [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk)). You need to be able to commit to all four sessions.



Each dance session will be followed by refreshments in the Carers Café, with the opportunity to talk to Lorraine Drolet about her dancing experiences as a Strictly and Disney choreographer.

## Croydon Heritage Festival

Croydon Heritage Festival is a celebration of Croydon's rich and vibrant past, present and future.

From Saturday 21 June to Friday 4 July, we're inviting you to explore Croydon's fascinating heritage through an exciting programme of events – many are free!



Organised by The Whitgift Foundation and in conjunction with a host of local organisations, the festival promises to be a community orientated event suitable for all ages.

There is a dedicated exhibition at Fairfield Halls, tours of Croydon's landmark buildings, talks and workshops, interactive debates, live performances, competitions and more.

Start planning your Heritage Festival fortnight at [www.croydonheritagefestival.co.uk](http://www.croydonheritagefestival.co.uk) or pick up a festival guide from the Carers Support Centre.

## Do You Have a Disabled Sibling?

The Carers' Information Service is running a one-day course for people who have grown up with a disabled brother or sister.



The day is a chance to explore the impact your sibling has had on your life and relationships, and meet other people with similar experiences.

The course is on Tuesday 24 June, 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)).

## Would you like to get back to work?

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 24 June, 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)).

## Cancer Support

The Croydon Macmillan Care and Cope Support group meets every other month, and gives people caring for someone who has cancer a chance to support, listen to and motivate each other.



The next group will be on Tuesday 1 July, 5.30 - 8.30pm, in the Oasis Restaurant at Croydon University Hospital.

For more information contact Benny Millier (020 8401 3441, [benny.millier@nhs.net](mailto:benny.millier@nhs.net)).

## Croydon CAB Comes to the Carers Support Centre

Croydon Citizen's Advice Bureau and the Carers Support Centre are working together to support carers with housing, employment, debt and welfare benefits issues.



Carers can make a brief appointment to meet with a member of CAB staff (an assessor, not an advice worker) who will carry out an assessment to see if the CAB can offer further support or advice in the form of a phone call from, or appointment with, a CAB adviser.

The CAB will be at the Centre on Thursday 3 July, 1 - 4pm.



To book an appointment with the CAB call 020 8663 5608 and leave a message.

## Social Activities for Carers

Crossroads Care South Thames Carers Support and Advocacy Service provides a range of free events and activities for carers (funded by Croydon Council).



These include theatre trips, London walks, coach trips and carers' lunches, as well as regular coffee mornings in Thornton Heath, Purley and Shirley. Plus a monthly pub club held on the first Tuesday of every month from 7.30pm at The Orchard Pub, Cherry Orchard Road, East Croydon CR0 6BA.

Call 020 8663 5664 to find out more.

## Job Vacancy

### Office Administrator

16 hours a week

£8,604pa (fixed term contract)



Parents in Partnership, Croydon are looking to employ an Administrator to provide office-based administrative support to the Manager and Trustees.

The role includes dealing with enquiries, book-keeping, updating records in the database, co-ordinating events and literature production.

Experience of living with someone with a lifelong disability, or working in the field of disability either in a paid or voluntary capacity is highly desirable.

Our organisation supports Croydon parents of children, of all ages, with disabilities to access information, receive training and participate in developments to services.

For an application pack please call 020 8663 5626 or email [office@pipcroydon.com](mailto:office@pipcroydon.com) or apply online at [www.pipcroydon.com](http://www.pipcroydon.com).

Closing date: Thursday 12 June.

Interviews: Thursday 19 June.

## Phone a Friend

Disabled Parents and Carers Together (DPACT) is launching a new telephone befriending project.

If you are disabled and aged 18 or over, and are feeling a bit down, or don't get the chance to talk to someone else very often, DPACT can arrange for a Volunteer Befriender to ring you each week.



People can choose what they want to talk about, but it is important to remember that the volunteers are not counsellors, they just provide a friendly listening ear.

To find out more email [mandy.dpact@yahoo.co.uk](mailto:mandy.dpact@yahoo.co.uk) with the following details:

- Name and age.
- Telephone number.
- How your disability affects you.
- Hobbies and interests.
- Some of the issues you might like to talk about and how you think you might benefit from the project.

If you are interested in becoming a volunteer, email and explain why you think you would be suitable.

## Healing Waters

The Healing Waters Caring 4 Carers Support Group is for carers and former carers



mostly, but not exclusively, from black and minority ethnic (BME) backgrounds.

The group meets on the last Wednesday of the month, 12.30 - 2.30pm, at the BME Forum, Palmcroy House, 387 London Road, Croydon CR0 4BE.

Caring 4 Carers offers support, information, training, social outings, a choir, holiday breaks and fundraising.

Refreshments are provided and carers are encouraged to bring a dish.

Members of the group pay an annual membership fee and a monthly contribution.

For more information call Marjorie Francis on 020 8668 2419.

## Brain Injury & Carers

An MSc Health Psychology student at London Metropolitan University is seeking adult (over 18 years old) primary caregivers of a traumatic brain injury (TBI) individual, a minimum of five years post injury and minimum of two years of caring for their loved one.

Families of TBI individuals tend to provide care for them, however this seems to have a negative impact upon the family - in particular on the primary caregiver. However, other research has suggested that the primary caregiver may have adapted positively to the changes that have occurred in their lives since the TBI over a five year period.

The aim of this study is to investigate:

- a) The positive and negative outcomes of TBI upon the primary caregiver.
- b) The impact upon the relationship with the main caregiver.
- c) The impact upon the relationships with other family members and the impact on the general dynamics within the household.

All participants will be sent a detailed information sheet before the interview via email. Each participant would be required to take part in an email interview requiring their informed consent.

To register your interest, please email  
**[KAL0431@my.londonmet.ac.uk](mailto:KAL0431@my.londonmet.ac.uk)**.

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