

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 November's What's On](#)



Know your rights - Carers Rights Day 25 November 2016

Many carers don't know what they are entitled to and end up missing out. If you look after a relative, partner, friend or neighbour in Croydon, come to the Carers Support Centre on **Friday 25 November, 10am - 4pm** for [Carers Rights Day](#). You can pick up a free information pack with our updated [How To... A Guide for Carers in Croydon](#) factsheets and a copy of this year's Carers Rights Guide from Carers UK. You can also find out [what's on offer at the centre](#) for carers, and [find more information online](#).



Do you care for someone with dementia?

Look out for the following events this November:

If Only I'd Known...

South London and Maudsley (SLaM)'s free dementia workshops for carers will run weekly from **Wednesday 2 November** to **Wednesday 14 December, 2pm - 4pm** at the Carers Support Centre. [Download our flyer for details.](#)

To book your place on one, some or all of the sessions, email ruthlaws@carersinfo.org.uk or call 020 8649 6280.

Alzheimer's Society visits the Carers Café

The [Alzheimer's Society](#) will once again be visiting the Carers Café on **Thursday 3 November, 10.30am - 12.30pm**. The sessions are open to any carer looking after someone with or who may have any type of dementia. Drop in to get some support or to ask questions. You can bring the person you care for with you.



November training highlights

Managing Sleep Difficulties

Tuesday 8 November 10am - 3pm
This practical workshop will help you learn simple techniques to help you get the good night's rest you need.

Moving and Handling People

Tuesday 15 November 10am - 3.30pm
Learn how to move the person you care for whilst preventing back strain.

Booking is essential for both these courses - contact ruthlaws@carersinfo.org.uk or call 020 8649 6280 to book your space.



Get ready for Christmas at the Carers Support Centre

We have plenty of winter-themed events going on at the Carers Support Centre during November and December, including:

Christmas Craft and Chatter

We are holding Christmas-themed Craft and Chatter sessions on **25 November** and **16 December, 11am - 12.30pm**. Why not make some winter-themed decorations or a homemade present for someone? Pens, paper and pictures are provided, but bring along any craft materials you would like to use.

Christmas Carols

Join us for some wonderful Christmas carols sung by the Croydon Minster Singers on **Thursday 22 December at 11am**



Do you know any useful apps?

We are looking to build a list of free apps that carers and the people they support find useful in their daily lives.

Do you know any free useful apps for mobiles and/or tablets that you think others would find helpful? Please send your ideas to

amydeakin@carersinfo.org.uk.





Working Carers Support Group

*Juggling work and caring responsibilities?
Need some 'me' time?*

Help for Carers is offering a new working carers support group for working carers to relax, chat and share experiences over snacks and drinks. The group takes place at the Carers Support Centre 6.30pm - 8.30pm on the 2nd Tuesday of each month, starting **Tuesday 8 November**.

For more information and to say you are coming, contact Andy Liew on 020 8663 5664 or email

andy@helpforcarers.org.uk.

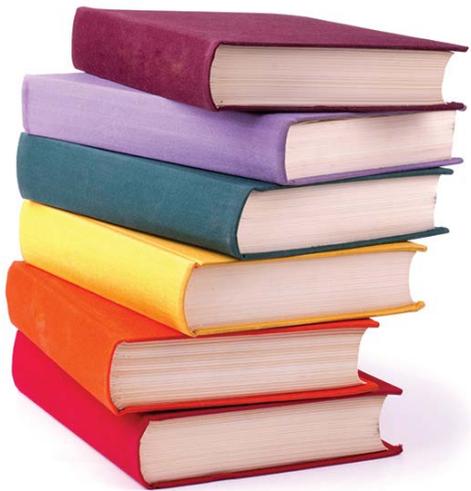


Croydon NHS public meeting - have your say

Croydon Clinical Commissioning Group (CCG) is holding a public meeting on **Tuesday 15 November, 6pm - 8pm** at Croydon and District Masonic Hall to talk to Croydon residents about plans to review treatments for certain conditions, such as varicose veins and joint replacements, and how the NHS can better support patients to manage their own health. Light refreshments will be available. [Find more details and how to book online.](#)

Moving from primary to secondary school?

Transferring from primary to secondary school is an important time for all children. But for parents with a child with special educational needs, the prospect of moving to secondary can be particularly daunting.



Croydon Council and Parents in Partnership (PIP) Parent Forum have worked with parent carers to create a guide that aims to set out clearly the timeframes and processes for choosing a suitable secondary school, as well as exploring how schools and families can work together to plan a successful move. For a copy of the guide, please contact PIP on office@pipcroydon.com or call 020 8663 5626.



Family Peer Support Worker vacancy with South London and Maudsley (SLaM)

SLaM are looking for someone who can support their psychosis teams to work with carers and families one day a week. They are particularly interested in hearing from people who have experience of supporting someone with a mental health problem and want to use their experience to support other families. This is a paid vacancy. [Find out more about the role and how to apply.](#)



FREE half-day mental health awareness workshop

SLaM are once again hosting their free mental health awareness workshops at Bernard Weatherill House, 8 Mint Walk, Croydon, CR0 1EA. The next dates are Friday 4 November 9.30am - 1pm and Thursday 8 December 1.30pm

- 5pm. Workshops are open to carers as well as health and social care workers.

To book a place, email SLaMLearningSolutions@slam.nhs.uk or contact Kemi Akinwale on 020 3228 4865



A selection of relevant news items from across the country



Government scraps ESA reassessments for people with severe long-term health problems

The government has announced it will scrap Employment and Support Allowance (ESA) reassessments for people with the most severe, long-term conditions that are unlikely to improve. The timetable for the changes has not yet been set. For more information about how this may affect you, [visit Disability Rights UK](#).



Seven ways to look after your mental health as a carer

When you are caring, it can be difficult to look after your own mental health and wellbeing. Here are [seven ways carers can look after their mental health](#).

If you would like further support to look after your mental health, contact [Mind in Croydon](#).



Calling all parents of a son/daughter with a learning disability!

National charity Mencap wants to find out how parents feel about society's attitudes towards people with a learning disability. If your son or daughter is aged 21 or under and has a learning disability, [take part in their short survey](#).

Mencap is also running the [#HereIAm](#) campaign, putting people with a learning disability in the spotlight: [find out more](#)



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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.](#)



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.

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