

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 September's What's On](#)



BRAND NEW - Pilates for carers!

Carers in Croydon can strengthen their bodies and relax their minds with our new [Pilates sessions for carers](#). Sessions will take place at the Carers Support Centre every Monday from **12 September to 28 November, 1pm - 2pm**. These sessions are subject to high demand, so early booking is recommended. Call **020 8649 6280** or email ruthlaws@carersinfo.org.uk to book your space.

Look after yourself with a relaxing massage

Carers can enjoy a relaxing [25 minute massage](#)



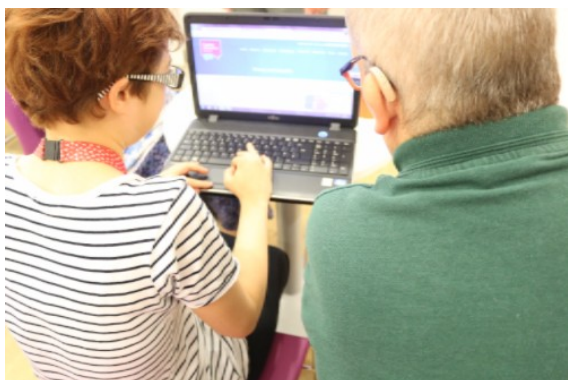
at the Carers Support Centre on **Friday 9 September**. Benefits of massage can include helping you feel more relaxed and easing muscle tension. Slots are available between **10.30am - 3pm**. Call **020 8649 6280** or email ruthlaws@carersinfo.org.uk to book your space.



Positive communication for carers - get your voice heard

We still have the last few places remaining on our [Positive Communication workshop](#) for carers in Croydon on **Tuesday 6 September, 10am - 3pm** at the Carers Support Centre. This interactive workshop aims to help carers develop confidence in their communication skills, learning how to overcome common communication barriers in a positive and practical way.

Spaces are going fast, so don't delay - email ruthlaws@carersinfo.org.uk or call **020 8649 6280** to book.



Find local information for carers on benefits, health, rights at work and more

Looking for information on a caring issue? Feeling a bit stuck? You can now browse for the information you need [on our website](#). Find local information and links to sources of further help and support on topics including [money](#), [health](#), [getting support](#), [rights at work](#) and [FAQs](#).

Carers Support Group starts this September

We still have spaces remaining on our [six week Carers Support Group](#) starting from **21 September, 2pm - 4pm**. The group provides a safe, confidential space for carers to ask questions and find mutual emotional support in a small group facilitated by a trained advice worker. The group is open to adult carers who live in Croydon and are caring for someone with an illness or disability.



Attendance is limited and those who can attend all six sessions will gain the most from taking part. To find out more and to book your place, please contact **020 8649 6280** or email ruthlaws@carersinfo.org.uk.



News and views from and around Croydon



Find employment support at Centrale Shopping Centre this afternoon

Croydon Health & Employment Partnership is launching a new programme for people who are currently not working but who would like some support to get back in work, take part in training/education or set up their own business. Support available includes:

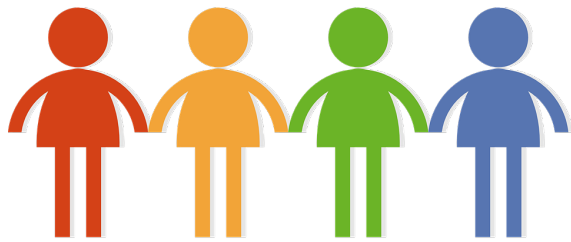
- One-to-one practical support
- Workshops and training
- Job search and CV writing
- Business start-up advice
- Enjoyable healthy lifestyle activities e.g. Zumba

Find out more at Centrale Shopping Centre (near Sports Direct / Debenhams Entrance) on **1 September, 1pm - 4pm**. For more information email CHEP@cvalive.org.uk.



Bizz-E-Kidz Summer Party!

Bizz-E-Kidz is hosting their annual summer party on **Friday 2 September** from **12noon - 4pm** at St Andrews Church of England School, Croydon CR0 4BH. Attractions on the day include mascots, bouncy castle, best costume competition, games, tea party (charges apply), face painting (charges apply) and much more. Visit www.bizz-e-kidz.com or call 07432 632 240 for more information.



PIP Communication Workshop

Come along to a Communication Workshop with [Parents in Partnership \(PIP\)](#) on **22 September**! The workshop will be led by Sue Utley and involves using puppets and different communication systems to engage, motivate and make learning fun! Sessions are suitable for children aged 7 and under. For more information, contact the PIP office on **020 8663 5626** or email office@pipcroydon.com.



A selection of relevant news items from across the country



'Please offer me a seat' badge trial - TFL calls for participants

TFL are trialling a 'please offer me a seat' badge scheme for people who need to sit down whilst travelling on public transport. The new scheme is particularly aimed at disabled people or people with hidden conditions who might otherwise struggle to get a seat. TFL are looking for 1000 people to trial the badges for a month from 12 September. If you would like to take part, email tfltrial@2cv.com.



Do you own an assistance dog? Guide Dogs wants to hear from you!

Calling all assistance dog owners! Guide Dogs is asking assistance dog owners to share their experiences (good and bad) of travelling in taxis and minicabs: [Take part in the survey](#)

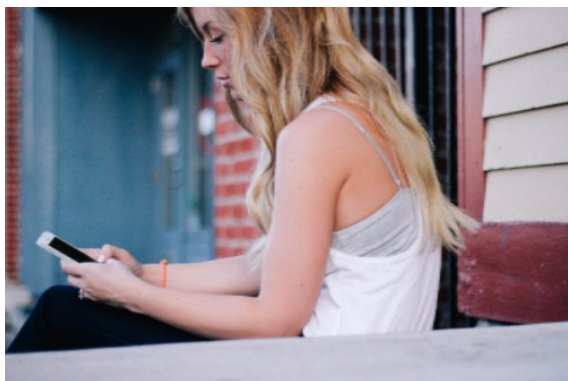


**Don't let
Attendance Allowance
become a postcode
lottery.**

Stop Attendance Allowance from becoming a postcode lottery

The government is considering shifting responsibility for Attendance Allowance from the Department of Work and Pensions to local councils, creating the potential for a postcode lottery. Carers UK has launched a campaign to tell the government that Attendance Allowance must remain a nationally managed benefit:

[Read more](#)



Dementia Citizens

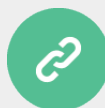
Dementia Citizens has produced a new app for people with dementia and their carers. The Dementia Citizens app allows you to put together a memory lane music playlist or create a digital life story book using your smartphone or tablet. You can also take part in a research study whilst using the app: [Read 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 logo for Carers Information Service, featuring the text "Carers Information Service" in white on a maroon background, with a teal speech bubble icon below it.

Carers
Information
Service

The logo for Carers Support Centre, featuring the text "Carers Support Centre" in white on a teal background.

Carers
Support
Centre

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 victoriarivera@carersinfo.org.uk.

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