

What's New for Carers?



Details of events and activities at the Carers Support Centre in March.

Local News & Events

Care Act Information Sessions



The Care Act comes into effect from April 2015 and brings with it major reforms to the social care system, including the strongest ever rights for carers.

We are holding two information sessions at the Carers Support Centre where carers can find out more about the Care Act and how it might affect them and the person they care for.

The sessions will be on Wednesdays 11 and 18 March, 10am - 12 noon.

There is no need to book for these sessions, carers are welcome to just turn up on the day.

The content of both sessions will be the same so you only need to attend one of them.

For more information on the Care Act visit:

www.carersuk.org/help-and-advice/practical-support/care-act-2014.

Free Training for Carers

First Aid for Carers of a Child (under 16)

Tuesday 17 March, 10.30am - 3pm

The Impact of Caring on Relationships

Tuesday 24 March, 10am - 3pm

Employability Skills

Tuesday 31 March, 45-minute appointments between 10am and 4pm

Backcare Awareness & Wheelchair Handling

Thursday 16 April, 10.30am - 12.30pm

Laughter Workshop

Thursday 23 April, 10am - 1pm

Carers - how to cope with your sleep difficulties

Thursday 30 April, 10am - 1pm

All training is held at the Carers Support Centre.

How to Book

For more information or to book a place contact Ruth Laws (020 8649 6280, ruthlaws.carersinfo.org.uk).

Any Croydon carer aged 16+ can attend these training sessions.



SEN Support

Drop In Sessions

Family Lives is holding Special Educational Needs (SEN) drop in sessions on the first Tuesday of the month from 10am to 12 noon at the Carers Support Centre. The next sessions are on 3 March, 7 April and 5 May.

These drop ins are for parents of children with SEN and for young people aged 16+, currently transferring from a statement of special education needs to an Education, Health and Care (EHC) plan.

There is no need to book, people are welcome to just turn up on the day.

Personal Budgets Workshop

Family Lives SEND Support Service is holding a workshop on Personal Budgets on Wednesday 18 March, 10am – 12 noon, in the small hall at East Croydon United Reformed Church, Addiscombe Grove, Croydon CR0 5LP.

To book a place email virginijas@familylives.org.uk.

Kids Equipment

The QEF Mobility Centre is holding an equipment fair for disabled children on Friday 6 March, 10am - 3pm, at 1 Metcalfe Avenue, Carshalton SM5 4AN.

The event is free to attend and there will be talks on mobility and equipment, as well as a

range of exhibitors and disabled children's charities to speak to.

For more information visit www.qef.org.uk/events-listings or call 020 8770 1151.

Urgent Care Services

The Croydon Clinical Commissioning Group (CCG) is holding public engagement workshops about how best to develop urgent care services in the borough.

The workshops are on:

- Friday 6 March, 1.30 - 4.30pm, and
- Wednesday 25 March, 5.30 - 8.30pm

in The Maple Room at Fairfield Halls.

For more information or to register for a place visit www.croydonccg.nhs.uk.

Help Improve CUH

Croydon University Hospital (CUH) is inviting members of the public to talk to them about areas of care which could be improved. People are encouraged to go along to share their views, experiences and suggestions.

The meeting will take place on Wednesday 11 March, 5.30 - 7.30pm at the Oasis Restaurant, Croydon University Hospital, London Road, Croydon, CR7 7YE.

To book your place call 020 8401 3209, email rachel.barkley@croydonhealth.nhs.uk or go to www.eventbrite.co.uk.

Have Your Say on Social Care

Talking About Adult Social Care is a free information event for people who use Croydon adult social services and their carers. It is an opportunity to speak to decision makers and share your ideas and experiences.

There will also be information on the Care Act and how it could work for you, and information and advice stalls from a range of services and support organisations.

The event will be held on Thursday 12 March, 1 - 4.30pm, in the Arnhem Gallery at Fairfield Halls.

This is a free event, but places must be booked in advance. Priority will be given to people who use Croydon adult social services and their carers.

For more information or to book your place visit www.croydon.gov.uk/healthsocial/userinvolvement/incforum or call the Resident Involvement Team on 020 8726 6000.

If Only I'd Known: Caring for Someone with Dementia

Six free workshops for carers (aged 16 and over) of people who have received a recent diagnosis of dementia, or people who think the person they care for may have dementia.

Each session covers a different topic and carers can enrol on one, some or all of them.

All workshops are held at the Carers Support Centre on a Monday, 11am – 1pm.

1. Signs to look for if you think someone may have dementia, 16 March.
2. How to get a diagnosis if you are worried someone may have dementia, 23 March.
3. Dealing with social care, 30 March.
4. Health of the person with dementia – physical and emotional, 13 April.
5. Care for the carer, 20 April.
6. The money side of things, 27 April.

To book for any of these workshops contact Ruth Laws (020 8649 6280, ruthlaws@carersinfo.org.uk).

Carers Reading Group

The Group is currently reading **Life Isn't All Ha Ha Hee Hee** by Meera Syal. The group is meeting to discuss the book and to choose next month's read on Thursday 12 March, 11am - 12 noon, in the Carers Café.

Carers are welcome to drop in if they have read the book and would like to join the discussion, or to find out which book will be chosen next.



Access Council Training

The Council organises a programme of training for its employees, and is opening up some sessions to carers:

Pressure Ulcers

What pressure ulcers are, their causes and treatment and how to prevent them.

Wednesday 25 March, 9.30am – 1pm and 2 – 5pm.

For more information or to book a place email stephanie.cattermole@croydon.gov.uk (or if you don't have access to email, call 020 8686 4433, ext 47214).

Club Soda

The next club night run by and for people with learning disabilities will be on Monday 30 March, 7 - 11pm, at the Bad Apple in Park Street.

Tickets cost £3 (plus booking fee) in advance or £5 on the door (support workers free but contributions welcome).

For more information or to book a ticket go to www.clubsoda.org.uk.

Carer of the Year



The Croydon Community Civic Awards celebrates the borough's unsung heroes who go that extra mile to help others.

One of the categories is Carer of the Year: someone who has made an exceptional contribution to caring and has championed the invaluable role of carers. This does not include paid care workers.

For more information on the awards, or to nominate someone for Carer of the Year, go to www.croydon.gov.uk/community/civic-awards/register.

The closing date for nominations is Monday 23 March. Shortlisting will take place in April, and the awards ceremony will be held in June.

National News

Babble

The Carers Trust has a new website for young carers living in the UK.

Babble (www.babble.carers.org) is an online space where children and young people aged under 18 who are caring for a family member or friend can chat, share their experiences and access information and advice.

The site aims to bring together young carers from across the UK in an online space which is safe, fun and supportive.

Surveys

Carers UK's State of Caring Survey aims to show the UK what it is like to be a carer in 2015: www.surveymonkey.com/s/stateofcaring2015.

The Alzheimer's Society is carrying out a survey of how well people with dementia are living in their communities: www.alzheimers.org.uk/dementia2015. Closes 9 March.

Share your views on and experiences of hospital discharge in Croydon: www.surveymonkey.com/s/hospitaldischargeHWC.

Support the future of the independent advice sector by taking the Big Advice Survey: www.bigadvicesurvey.org.uk.

Independent Living Factsheets

Disability Rights UK has produced some new factsheets:

- [Self Directed Support](#).
- [Support Planning](#).
- [Pooling Personal Budgets](#).

You can view the full range of factsheets at www.disabilityrightsuk.org.

New Carers Discount Scheme

Carers Trust has launched a new discount scheme for carers, CarerSmart, which gives the UK's 7 million carers the chance to save money on a range of products and services.

For more information, or to join the scheme, go to www.carers.org/news/new-discount-club-launched-carers.

Secretly Filming Care

The Care Quality Commission has published a leaflet for people who are thinking about using a hidden camera or other equipment to monitor someone's care.

Read the leaflet at www.cqc.org.uk.

My Rights, Your Responsibility





My Rights, Your Responsibility is a set of information written primarily for parents of disabled children. It provides information to parents on their child's rights to access activities, community facilities and other services.

The Council for Disabled Children is offering this information as free online training modules, which can be accessed at www.councilfordisabledchildren.org.uk/resources/my-rights-your-responsibility.

Vegetarian for Life

Older vegetarians and vegans who are considering employing care workers in their own home, or moving into residential care, may be concerned about how other people will meet their needs.

Vegetarian for Life (VfL) (www.vegetarianforlife.org.uk) holds a geographical list of care homes, retirement complexes, food suppliers and other services that cater for older people and follow the VfL Code of Good Practice.




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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 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 about us.](#)

We also have rooms to hire, ranging from a two-person consultation room to a large meeting room that can hold over 50 people. For more information read our [Room Hire leaflet](#).