

What's New for Carers?



Local News and Events



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



CELEBRATING AGE & SILVER SUNDAY

From Thursday 1 to Thursday 8 October Croydon Council and its partners will be taking part in national campaigns aimed at celebrating older people.

A number of activities and events for older people, their families and friends will be held across Croydon. The programme consists of around 120 events and activities that include:

- Social events for older people such as tea and lunch parties, games afternoons, reading groups, talks and seminars.
- Physical activities to promote healthy living such as yoga, pilates, aqua aerobics, Zumba, cycling sessions and swimming.
- Inter-generational activities for older and younger people such as book buddies, wiggle and jiggle, crafts, rhyme and story time.
- IT taster sessions, computer classes, Techy tea parties and family history online sessions.
- Information and advice around health, hobbies and activities.

All of the events and activities are free, but some will require advance booking.

For full details read the [programme of events](#) or go to www.croydon.gov.uk/community/silver-sunday-2015.

Reading Group

Lunch Clubs

Our Carers Reading Group will be meeting on 8 October, 12 November and 10 December, 11am - 12 noon in the Carers Café.

Any carers who are interested in joining the Group are welcome to just turn up on the day.

Knit & Natter

Would you like to come to a Knit and Natter session? Just bring your current knitting/crochet/needlework project and meet other carers who share your enthusiasm.

Knit and Natter sessions are planned for 16 October, 20 November and 18 December, 11am – 12.30pm in the Carers Café at the Carers Support Centre.



Both dates for our Ladies Who Lunch Club are now fully booked, but we still have spaces for our **Gentleman's Lunch Club** on Tuesdays 13 October and 10 November, 1 - 2pm.

To book your place call Ruth Laws on 020 8649 6280 or email ruthlaws@carersinfo.org.uk.

Please make sure you give details of any dietary requirements when booking.

These lunch clubs are open to any male carer aged 16 and over who lives in Croydon.

Alzheimer's Society in the Carers Café

On the first Thursday of the month (5 November, 3 December, 7 January, 4 February, 3 March) a Dementia Adviser from the Alzheimer's Society will be in attendance in the Carers Café to offer information, advice and support to carers of someone with dementia.

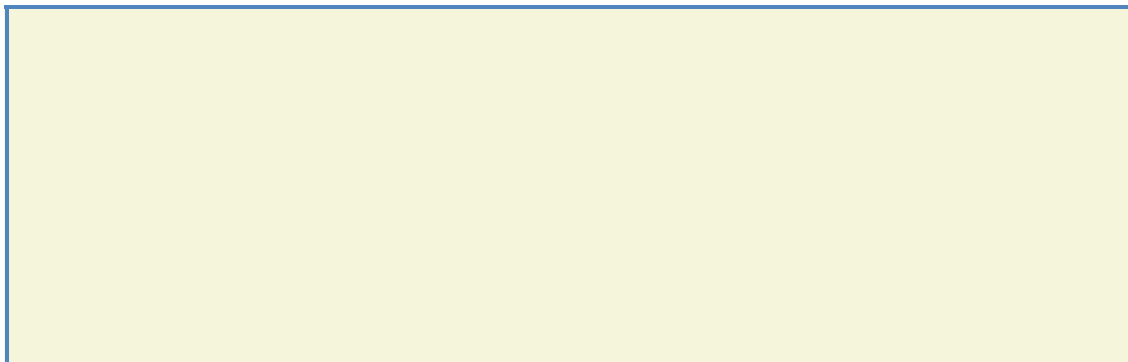
The Carers Café will continue to be open to all carers on these dates, and a Café volunteer will be available to make drinks and provide a listening ear as usual.

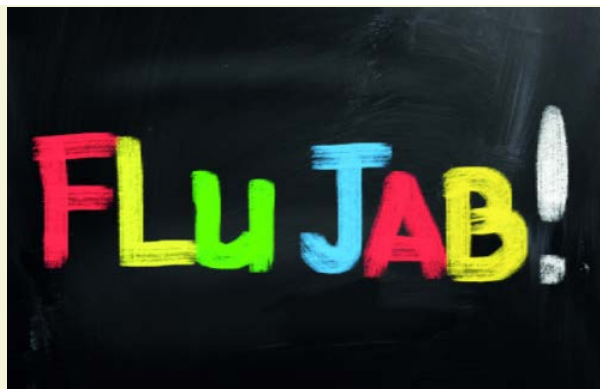
Free Laughter Yoga

South Thames Crossroads, with funding from the Big Lottery, is running Health and Wellbeing Circle events for carers.

The next event will be free laughter yoga on Tuesday 6 October, 7.30pm, at the Orchard Pub, Cherry Orchard Road, South Croydon.

To book call 020 8663 5664 or email carerssupport@souththamescrossroads.org.





Getting the flu is no fun, but if you're a carer it can be a particular concern as you worry about who would look after the person you care for if you are unwell.

We're working with the NHS to try to alleviate some of that worry by offering carers free flu jabs at the Carers Support Centre.

Flu jabs will be available on Wednesdays:

- 7 October, 10am - 1pm
- 14 October, 1 - 4pm
- 21 October, 10am - 1pm
- 28 October, 1 - 4pm

Any carer aged 13 and over is eligible. Carers do not have to be Croydon residents, and do not need to bring ID or medical information with them.

Other people eligible for a flu jab include:

- Anyone aged 65 or over.
- A person under 65 but at risk of chronic heart disease, chronic kidney disease, diabetes, chronic respiratory disease, chronic liver disease, chronic neurological disease.
- Anyone living in a long-stay residential/nursing home or other long-stay facility.
- Front line health, education or social care workers.

There is no need to book, you can just turn up on the day.

Parents in Partnership

Makaton 2

Tuesdays 6 and 13 October,
10am - 12.30pm

Attendees must have completed Makaton 1.



Exclusions

Thursday 22 October, 10am - 1pm.



Power of Attorney - Your questions answered

Friday 16 October, 10.30am - 12.30pm

A talk on the ten most popular questions on Powers of Attorney.

The Impact of Caring on Relationships

Thursday 20 October, 10am - 3pm

Paul Brightly-Jones (Principal officer, exclusions and reintegration at Croydon Council) will explain all aspects of exclusions.

For more information or to book a place call Parents in Partnership on 020 8663 5626 or email office@pipcroydon.com.

Explore the impact being a carer has on your relationships with family and friends.

Concerned about someone's alcohol or drug use? Your questions answered

Friday 13 November, 10am - 12 noon

*A member of staff from **Turning Point** will be talking about local support for people with a substance addiction and their family and friends.*

Care Act Update

Join us at the Carers Support Centre for an update on the Care Act with Croydon Council.

Tuesday 27 October, 10am - 12 noon.

No need to book - you can just turn up on the day.

How to Cope with Your Sleep Difficulties

Thursday 26 November, 10am - 1pm

Tips on how to cope with sleep difficulties.

All sessions are held at the Carers Support Centre and are for carers aged 16+ who are living in Croydon.

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

Protecting People's Rights & Best Interests

The Croydon Mental Capacity Act and Deprivation of Liberty Safeguards Conference is taking place on Friday 16 October, 10am - 3pm, at the Arnhem Gallery, Fairfield Halls.

This free conference is open to all members of the public, advocacy services, service user groups, carer groups and the voluntary sector.

To book a place email andrea.barter@croydon.gov.uk or telephone 020 8726 6000 ext 63704 by Friday 2 October.

[More information available here.](#)

Planning for the Future

Mencap's Wills and Trusts Service offers advice and suggestions about making a will and setting up a trust, so carers can be sure their loved one with a learning disability will get the financial support they need.

The service holds free seminars on wills and trusts, called Planning for the Future events. The next seminars are:

Royal Mencap National Centre, Concordia House, 123 Golden Lane, London EC1Y 0RT
Tuesday 20 October, 10.30am - 12.30pm and 6.30 - 8.30pm.

For more information or to book a place visit www.mencap.org.uk/pffe.

New Services from Mind in Croydon

Activity to Work

This rolling seven week programme is open to all mental health service users and will combine six sessions of Active Minds activities with six workshops to support you in getting closer to seeking employment.

This is an excellent place to begin your journey to work, develop transferable skills and get inspiration for your next steps as well as receive expert advice and support.

Participants will need to attend two half-day sessions per week for seven weeks.

For more information call 020 8253 8200 or email activeminds@mindincroydon.org.uk or ess@mindincroydon.org.uk.

[More information available here.](#)

Minding Money

A project to help mental health service users make the most of their money. Participants will attend workshops, one to one sessions and meet with bank experts. Support will be given with topics such as how mood can affect spending, what bills are a priority and managing bank accounts.

To register your interest and be put on the waiting list call 020 8763 2037 or email wba@mindincroydon.org.uk.

[More information available here.](#)

National News

World Mental Health Day

World Mental Health Day is the annual global celebration of mental health education, awareness and advocacy.

This year's World Mental Health Day takes place on Saturday 10 October with the theme of *Dignity in Mental Health*.

More information at www.mentalhealth.org.uk/our-work/world-mental-health-day.

Carers Trust

Charging Carers

New research by Carers Trust has found that a growing number of councils in England are considering charging carers for the support they need. Read more at www.carers.org/news/charging-carers-receive-support-wrong.

E-levenesses

Skills for Care

People who employ their own care and support staff (individual employers) can apply for funding from Skills for Care to cover the full cost of care-related training for both themselves and their personal assistants.

For more information visit www.skillsforcare.org.uk.

Your Health & the NHS

Independent Age has published a new Wise Guide - *Your Health and the NHS: helping you get the care you need as you get older*.

Topics covered by the guide include:

- Health checks.
- Help with health costs.
- Leaving hospital.
- Hospital transport.
- Decision making.

Daytime webchats on the first Tuesday of the month, from 11am, at www.carers.org/carers-space. A chance to get to know other carers, take a break and have some fun.

Buddi

Buddi is a personal emergency response service, providing confidence for carers and the person they are looking after. By wearing the wristband 24 hours a day, help is always at hand at the touch of a button.

Carers UK is offering an 80% discount on the upfront cost of Buddi (£49.99 instead of £249). To find out more go to www.carersuk.org/buddi.

There is also a £5 a week charge for the Buddi system.

Read and order the guide at www.independentage.org/advice/factsheets/wise-guides or call 0800 319 6789 to request a copy.

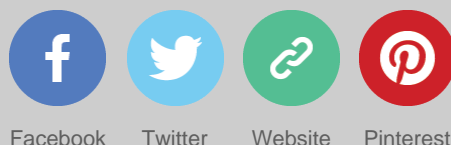
Contact a Family Resources

Legal resource to help prevent families missing out on early years' education:

- *Childcare for families with disabled children: How to access free childcare for two to four-year-olds.*

Help getting your child's DLA payments reinstated in hospital:

- *A template review letter, with a guide on how to complete it, for parents to use in asking for their child's DLA payments to be re-instated while they are in hospital.*



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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

Carers Support Centre

consultation room to a large meeting room that can hold over 50 people. For more information call Steph Roane on 020 8663 5600, or email stephanieroane@carersinfo.org.uk.