

What's New for Carers



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Remember to [like us on Facebook/follow on Twitter](#) for the latest updates!

Events



Every month we offer a range of free health, wellbeing and social activities for carers. Come along, meet other carers and have fun!



July Events at the Carers Support Centre

Summer is here! Take a look at our [July Events Calendar](#).



Carers' Information Service celebrates Carers Week with special visit from Mayor of Croydon

A big thank you to everyone who took part in Carers Week this year. Carers visited the Carers Support Centre during the week and enjoyed our tai chi and Pilates tasters, massage, craft, dance and free gifts. As a highlight of the week, over 300 people attended the Carers' Information Day at Fairfield Halls, including the new Mayor of Croydon, Councillor Wayne Trakas-Lawlor. Thank you to everyone who was involved, and we hope that as a community we can build on the success of Carers Week to make Croydon a more carer friendly place.



New support group for carers at the Carers Support Centre this September

Feeling worried? Got something on your mind? Wish you could talk to someone who understands?

Caring can be tough at times. To help carers find the support they need, the Carers' Information Service is starting a six week Carers Support Group from September 2016 at the Carers Support Centre. The group will provide a safe, confidential space for carers to ask questions, find practical information and gain mutual support in a small group facilitated by a trained advice worker. Each session lasts two hours, starting with a focus on a particular topic followed by a more open group discussion and emotional support.

The group is open to adult carers who live in Croydon and are caring for someone with an illness or disability. Attendance is limited to ten spaces and those who can attend all six sessions will gain the most from taking part.

Dates for sessions are 21 Sept, 28 Sept, 5 Oct, 12 Oct, 19 Oct and 26 Oct from 2pm-4pm. To find out more about the group and to book your place please contact 020 8649 6280 or email ruthlaws@carersinfo.org.uk.

Fantastic discounts for carers

Save money this summer (and all year round!) with some great discounts for carers at the [Carers Support Centre](#).



Carers in Croydon aged 16 plus who sign up will receive a free membership card with access to some great deals, including:

- Brand new offer 20% off all massage treatments by Selina Clarke at [Ch'i Balance Holistics](#)
- Brand new offer 10% off 1 hour or longer treatments with [Laura Ryan Therapies](#)
- 20% [Mayday Travel Ltd](#) day coach trips in UK and Europe
- 25% off hair and beauty at [Rush Croydon](#) in George St
- 10% off food and drink at the [Clocktower Cafe](#)
- And many more!

You can find all the discounts available in our [membership leaflet](#). To join as a member, fill in our [online form](#), call 020 8649 9339 option 1 or pop in the Carers Support Centre.



Get on top of your finances this summer

The Carers' Information Service are joining forces with South West London Law Centres to host a range of fortnightly 45 minute workshops to help carers get on top of their financial situation. The programme includes:

14 July 1.30pm - 2.30pm

Benefit Checker - Learn how to use a benefit calculator so you can ensure you are getting your full entitlement and whether you might benefit from switching to Universal Credit.

28 July 1.30pm - 2.30pm

Switching and Saving Workshops - An interactive session on how to use price comparison websites and reduce the cost

of your household bills. Customers can save up to £250 a year if they have never switched utility suppliers; so please bring your own bills to see if this could be you.

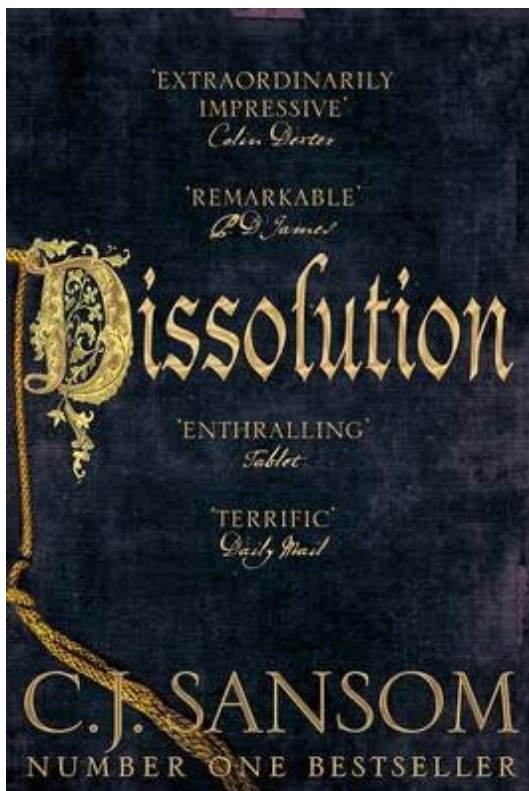
11 August 1.30pm - 2.30pm

Money Management - Learn how to produce a budget, prioritise your payments and methods of saving so that you can confidently manage your money effectively.

25 August 1.30pm - 2.30pm

Benefit Checker - Learn how to use a benefit calculator so you can ensure you are getting your full entitlement and whether you might benefit from switching to Universal Credit.

All workshops take place at the Carers Support Centre. To book a place on any of these workshops, call 020 8649 6285 or email angelawebb@carersinfo.org.uk.



**The plot thickens with
Dissolution by CJ Sansom**

The Carers Book Club are delving into a world of intrigue and deception in Tudor England with CJ Sansom's *Dissolution* this month. The Carers Book Club is open to all Croydon carers and our next session will be Wednesday 13 July 11am-12noon. Books are loaned from Croydon Library and can be collected from the Carers Support Centre. To join the discussion, email ruthlaws@carersinfo.org.uk or call 020 8649 6280.



Dates for your diaries

The following advice surgeries require pre-booking unless stated, so email appointments@carersinfo.org.uk or call 020 8663 5608 for your slot:

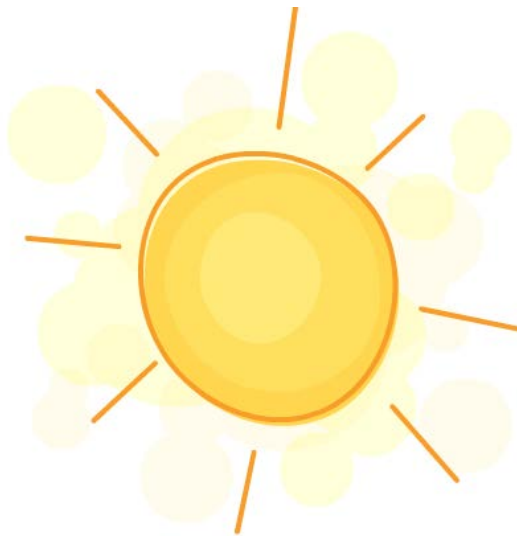
Benefits Surgery - 20 July, 2.30pm-4pm
Drug and Alcohol Abuse - Turning Point
Appointment for Carers - 11 July, 10am-1pm
Legal Clinic - 28 July, 12noon - 3.30pm
Legal Advice Surgery - 26 July, 12noon - 4pm
Shelter Housing Advice Surgery drop in only - 27 July, 3pm-3.45pm
Mental Health Carers Surgery - 21 July, 10.30am-1pm



News and views from and around Croydon

Healthwatch Croydon: last chance to vote!

It's your last chance to have your say in the [carers' experience survey](#) and vote for the most [carer friendly health/social care professional](#). Your feedback will contribute to a report to be sent to Croydon's key health and social care decision-makers, so this is your chance to influence local services.



Holiday schemes for disabled children and young people

Croydon Council's Disability Youth Project is running two holiday schemes for young people with SEN, disabilities or autism at Bensham Manor High School this summer: the 'Red scheme' for 7-12 year olds and the 'Blue scheme' for 13-18 year olds. There is a cost but the scheme will try to support parents who may struggle to pay on a case by case basis. Download the applications and consent forms to apply: [Red Scheme](#) / [Blue Scheme](#)



Croydon People First presents their summer events programme for people with a learning disability

Croydon People First are offering a fantastic range of events for people with a learning disability this summer, including:

- Coffee Bar at the Community Hub on 1st and 3rd Wednesdays in the month
- Big Health Day on 6 July
- Trip to London Dungeons on 13 July
- Day trip to Brighton on 15 August
- Day out on public transport in South West London on 24 August

For more information about any of these events and how to register, email mih@croydonpeoplefirst.org.uk or call 020 8253 7096.

Help for Carers Croydon - Pub Club and Coffee Club

Help for Carers is running their regular

Pub Club and Carers Club events throughout the summer months. Find your nearest event:

Carers Club:

- Purley, Cafe Blue 10.30am-12noon on Monday 4 July and Monday 1 August
- Thornton Health, Blue and Orange Cafe 11am-12noon on 14 July and 11 August
- Shirley, Shirley Cafe 10.30am - 12noon on Thursday 28 July and Thursday 25 August
- New Addington, Treats by Eden 12noon - 1.30pm on 15 July and 19 Friday

Pub Club:

- The Orchard Pub, Cherry Orchard Road from 7.30pm on Tuesday 5 July and Tuesday 2 August.



A selection of relevant news items from across the country

National Carers Strategy Consultation - deadline extended

The Department of Health is creating a new Carers Strategy and they **want to hear from carers**. The **survey** takes about



30-45 minutes, but if you don't have time to fill out the whole thing, you can just respond to the parts most relevant to you. This is your chance to have your say on how support for carers is provided nationally so don't miss out - the new deadline is now **31 July**.



Edinburgh University student's petition to support student carers receives backing from Carers Trust

Carers Trust is launching a campaign today to urge UCAS to change the application process to allow better identification and support for unpaid carers entering university or college. The campaign is in support of a petition started by Carol Hayward, a student at Edinburgh University, who cares for her mum. You can [sign the petition here](#).



Online dementia resources for carers

Alzheimer's Society The Alzheimer's Society has a guide for carers on getting support and looking after yourself whilst caring: [Read more](#)

Carers Trust The new Carers Trust website has a resource section for carers of someone with dementia: [Read more](#)

Dementia Challengers An online information resource written by carers of someone with dementia: [Read more](#)



Find your lost pension savings

The Department of Work and Pensions has launched an online Pension Tracing Service, a new tool to help people find their lost pension savings: [Read more](#)



News and views round up

Government changes benefits rules for disabled children in hospital - The government has scrapped the rules that stopped families receiving Disability Living Allowance (DLA) or Personal Independence Payment (PIP) when their child goes into hospital: [Read more](#)

July is Scams Awareness Month - Citizens Advice has resources to help you spot and report scams: [Read more](#)



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Our mailing address is:

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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 victoriarivera@carersinfo.org.uk.