

# What's New for Carers?



Click [here](#) for details of events and activities at the Carers Support Centre in November.



# carers RIGHTS DAY

Friday 20 November 2015

[carersuk.org/carersrightsday](http://carersuk.org/carersrightsday)

Carers Rights Day raises awareness of the needs of carers and we will be marking the day with some special activities in the Carers Support Centre, including:  
25 minute neck & shoulder massage (10.30am - 3pm); dance session to learn the rumba (11am - 12noon); guided meditation; kit and natter (11am - 12.30pm).

Booking for these activities is essential, call 020 8649 6280 or email [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk)

The Carers Café will be open for an extended period from 10.30am - 3.30pm with cakes and speciality teas and coffee (no booking required). In addition, our Advice Workers will be available to answer your questions about caring and we may even have some

goodies to give away!

## New Carers Support Centre Membership Discounts!

Mayday Travel Ltd ([www.maydaytravel.co.uk](http://www.maydaytravel.co.uk)) is a Croydon-based, family owned and operated coach hire company. It offers a range of services, including day trips to UK and European destinations. Mayday Travel Ltd are offering carers **who are registered with the Carers Support Centre** a discount on all day trips.

Future day trips include:

Date	Destination	Cost for Carers	Usual Cost
Saturday 14 November	Cité Europe, large shopping centre in Calais	£30	£40
Saturday 28 November	Bruges Christmas Market	£30	£45
Saturday 12 December	Bruges Christmas Market	£30	£45
Tuesday 15 December	Canterbury at Christmas	£20	£27.50
Friday 18 December	London Christmas Lights	£8	£10

All coaches are air-conditioned and have an on-board toilet. For more information or to book a place call Mayday Travel Ltd on 020 8680 5111 and quote CCMTDT to qualify for the carer discount. You will also be asked to quote your membership number.

If you are not already a member, drop in to the Carers Support Centre or call us on 020 8649 9339 (option 1), or email [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk).

## SEN Conference

Parent carers and professionals are warmly invited to the second Croydon Conference 'SEND Reforms One Year On - The Journey Towards Aspirations' which is being held on Thursday 26 November, 9.30am - 3pm at Croydon Conference Centre, Surrey Street, Croydon CR9 1RG.

The conference will bring together parent carers, young people with SEN, local SEN practitioners, guest speakers and voluntary organisations to inform local families about the developments of SEN reforms in Croydon, to share experience and expertise and to answer your questions.

To book your place, please call PIP Office on 020 8663 5626 or email [office@pipcroydon.com](mailto:office@pipcroydon.com) or [virginijaSL@kids.org.uk](mailto:virginijaSL@kids.org.uk) by 13th November 2015. See the [flyer](#) for more details.

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## Knit and Natter

Do you like to knit? Would you like to join our Knit and Natter sessions in the Carers Cafe? Just bring your current knitting, crochet, needlework or craft project with you and meet other carers who share your enthusiasm. Next session will be held at the Carers Support Centre on Friday 20 November, 11am - 12.30pm. No need to book, just come along.



**Any Croydon carer aged 16+ can attend these training sessions, which are held at the Carers Support Centre.**

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

Mondays 16, 23 & 30 November, 7 December, 2 - 4pm

### **Concerned about Someone's Alcohol or Drug Use?**

Friday 13 November, 10am - 12 noon

One-to-one session of up to 45 minutes with advisor from Turning Point Recovery Network.

### **Employability Skills**

Tuesday 24 November

45-minute appointments between 10.15am and 3.15pm

### **How to Cope with Your Sleep Difficulties**

Thursday 26 November, 10am - 1pm

### **IT Buddy**

Wednesdays and Thursdays, 10.30am - 12.30pm

Discuss any IT issues/problems with one of our IT Buddies.

For more information or to book a place call 020 8649 6280 or email [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk).



**Get involved with Healthwatch Croydon**

Healthwatch Croydon, the local champion for health and social care in the borough, is looking for volunteers for a range of roles. Whatever your skills or experience, if you are passionate about improving services in Croydon they want to hear from you. To find out more about volunteering with Healthwatch Croydon, call 020 8663 5649 or email [Annamika.Koomoshan@healthwatchcroydon.co.uk](mailto:Annamika.Koomoshan@healthwatchcroydon.co.uk).

Current volunteering opportunities are listed at [www.healthwatchcroydon.co.uk/volunteer](http://www.healthwatchcroydon.co.uk/volunteer).

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## Carers Coach Trip- Last Few Places

There are a few remaining places on this great trip for carers, funded by the Big Lottery: for only £45 you can travel by coach to Calais and Boulogne on Thursday 19 November. Departing from outside Croydon Library at 6.15am, the trip will include two hours shopping time in Cité Europe before travelling on for free time in Boulogne. A great opportunity to do your Christmas shopping!



Contact Crossroads Care South Thames on 020 8663 5664 or email [carerssupport@souththamescrossroads.org](mailto:carerssupport@souththamescrossroads.org) to book a place.

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## Autism Parent & Family Group

This monthly support group meets on the last Monday of each month, 6.30 - 8pm at Chatsworth Hall Autism Service, Chatsworth Hall, 1 Chatsworth Road, Croydon CR0 1HE.

The group is open to parents and other family members caring for teenagers and adults with autism and has regular guest speakers on autism related topics.

The last meeting of the year will be held on Monday 30 November and will be a 'bring and share food' social gathering to celebrate the end of the year and meet other parents and carers in a relaxed and friendly environment.

For more details, see the [flyer](#), or contact Paul Wallingford on 020 8255 5473 or email: [paul.wallingford@croydon.gov.uk](mailto:paul.wallingford@croydon.gov.uk).  
Facebook: [www.facebook.com/autismcroydoncaresolutions](https://www.facebook.com/autismcroydoncaresolutions)

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## Free Safety Testing

Trading Standards is offering free safety testing of electric blankets, small electrical appliances and festive lights at two venues this month:

**Thursday 26 November**, 9.30am - 4pm at  
Age UK Croydon, 81 Brigstock Road,

## Congratulations to Croydon's Carer of the Year

Thornton Heath CR7 7JH.

**Friday 27 November**, 9.30am - 4pm at  
Selsdon Centre for the Retired, 132  
Addington Road, Selsdon CR2 8LA (within  
Sainsbury's complex).

Testing will be by appointment only. Free  
home collection and delivery service is  
available for residents who may have  
difficulty attending the venues.

To enquire or book a slot call 020 8407  
1311, or email  
[caroline.dawson@croydon.gov.uk](mailto:caroline.dawson@croydon.gov.uk).

## Housing Info Bus

The next stop for Croydon Council's housing  
information bus will be New Addington  
Market, The Parade, Croydon CR0 0JD on  
Tuesday 24 November, 10am - 3pm. The  
bus is fully accessible and you can talk to  
advisors about housing services, options for  
moving, welfare benefits, debt and  
budgeting.

Advice is also available about getting into  
work or training, learning basic IT skills and  
getting online and you can also have your  
say on housing services.

For more information see the [flyer](#), call 020  
8726 6100 or email  
[getinvolved@croydon.gov.uk](mailto:getinvolved@croydon.gov.uk).

## 2015 Croydon Community Civic Awards



Congratulations to Lucille Montgomery who  
has won the Carer of the Year award  
at Croydon's Community Civic Awards.  
This award is given to someone who has  
made an exceptional contribution to caring  
and has championed the invaluable role of  
carers.

For over 20 years Lucille has been caring for  
her brother Bernard, who has a learning  
disability and complications following a  
stroke. Despite having health problems of  
her own, Lucille also finds time to organise  
outings for carers and support local  
organisations as a volunteer.

## Learning Disability Partnership Needs Representatives

Carers looking after an adult family member  
with a learning disability are invited to get  
involved in Croydon's Learning Disability  
Partnership Board to help represent the  
views of carers in Croydon. Free training  
and support is offered.

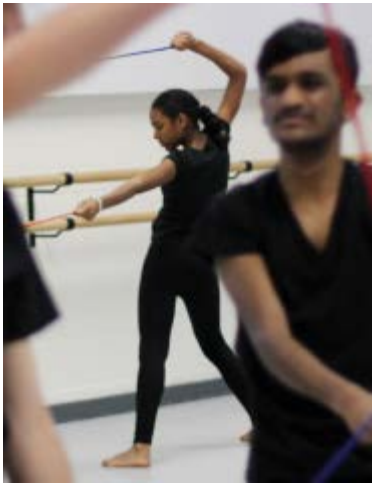
To find out more, contact Nicky Selwyn at  
[nickyselwyn@talktalk.net](mailto:nickyselwyn@talktalk.net).

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## SLiDE South London Inclusive Dance Experience

SLiDE offers inclusive dance classes and  
workshops for disabled young people and  
adults. Fully inclusive to all levels of  
movement ability.

SLiDE is also hosting its annual fundraising  
ceilidh at Selsdon Hall on Saturday 21  
November, 7.30 - 10.30pm. Adult £8  
advance tickets (£10 on door), £5 under  
18s, under 5's FREE. This includes a light



buffet. More information [here](#).

For more information about SLiDE, contact Anita on 07949 136 485 or email [info@slidedance.org](mailto:info@slidedance.org).

## Dementia Training

If Only I'd Known... is a series of 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. There are six sessions with each covering a different topic and carers can enrol on one, some or all of them. All workshops are held on a Monday, 2 - 4pm at the Carers Support Centre:

- Talking about dementia, 2 November
- Dealing with social care, 9 November
- Health of the person with dementia: physical health, 16 November
- Health of the person with dementia – emotional health, 23 November
- Care for the carer, 30 November
- The money side of things, 7 December

To book for any of these workshops call 020 8649 6280 or email [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk).

## Living with Brain Injury Group

Throughout November, the Neuro-rehabilitation Service in Croydon is offering a programme of educational groups for those affected by head injury, MS, stroke, encephalitis or other neurological condition. Carers and other family members are welcome.

The four sessions will be held on Wednesdays 4, 11, 18 and 25 November, 3.15 - 4.15pm, at St. Mildred's Church,





Bingham Road, Croydon CR0 7EB.

For more information see the [leaflet](#) or call  
020 8274 6492.

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## Have Your Say: Croydon Mental Health Services

A meeting will be held on Monday 9 November, 4 - 6pm at Mind in Croydon, 10 Altyre Road, East Croydon CR0 5LA, to enable members of the public to meet the governors of South London and Maudsley NHS Foundation Trust (SLaM).

This is an opportunity to give feedback or ask questions about local care and support for people with mental health issues and their carers. Refreshments provided. See the [flyer](#) for more information.

To let them know you are coming, call 020 322 2411 or email [carol.stevenson@slam.nhs.uk](mailto:carol.stevenson@slam.nhs.uk).

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## Siblings Matter

Family Fund have launched a new report, published jointly with University of Portsmouth, called 'Do Siblings Matter Too?' The report reveals the impact a disabled brother or sister has on a child or young person and highlights a number of key themes for siblings, ranging from elements of a typical sibling relationship to issues of lack of time, experience of aggression, violence and emotional upset.

Data taken from over 2,000 Family Fund assessments contributed to the report, in which the key findings show:

- Siblings are often overlooked and their needs often ignored by policy makers and service providers.
- Siblings are not identified by local authorities and schools.
- Families need access to short breaks in order to be able to support their other children.
- Few siblings are being supported by agencies such as Child and Adolescent Mental Health Service (CAMHS) or Young Carer groups, and it would be of benefit if access to these and similar services could be made more widely available.

A copy of the report can be found [here](#).



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## Free Drumming Workshop

Crossroads Care South Thames is offering a range of Carers Health and Wellbeing Circle



Events, funded by the Big Lottery. This month, a fun drumming workshop and buffet will be held at The Orchard Pub, Cherry Orchard Road, Croydon CR0 6BA on Tuesday 1 December from 7.30pm.

To book a place, call 020 8663 5664 or email [carerssupport@souththamescrossroads.org](mailto:carerssupport@souththamescrossroads.org).

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## National News

A quick round up of some current national campaigns:

### Hospital Parking Fees

<http://www.carersuk.org/news-and-campaigns/campaigns/hospital-car-parking>

### Equal Rights for Parent Carers

<http://www.carersuk.org/news-and-campaigns/campaigns/equal-rights-for-parent-carers>

### Fears for Carer Burn-Out

<http://www.carers.org/news/councils-must-adopt-new-strategy-prevent-carers-burning-out>

### Supporting Young Carers

<http://www.carers.org/news/young-adult-carers-need-better-bursary>

### Homecare Services

<http://www.carers.org/news/ukhca-petition-calls-government-address-proper-funding-homecare-services>



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Foundation in 1997, and provides information, advice and support to Croydon's carers.

[Find out more about us.](#)

**Carers  
Support**  
Centre

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.](#)