



Carers' Information Service
What's New For Carers?
March 2014

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Carers News - Out Now!

The March/April edition of *Carers News* is now available.

This edition features
information on:

- Grants for carers.
- Free Afternoon Tea Dances.
- Free hand massage for carers.
- Free loan of dehumidifiers.
- Support for carers at Croydon University Hospital.
- Everything that's happening at the Carers Support Centre.
- And lots more ...

Read it now at www.carersinfo.org.uk.

Understanding Dementia

Age UK London and the Alzheimer's Society are hosting an open discussion on *Understanding Dementia* on Thursday 13 March,



Save the Date

Our huge Information Event will be at the Fairfield Halls on Thursday 5 June.

9.30am - 2pm, at Scratchley Hall, 81 Brigstock Road, Thornton Heath CR7 7JH.

Come along and find out more about dementia, how it affects the individual and family, and what support and services are available.

Lunch and refreshments will be served at 12.30pm.

Places are limited, so book your place as soon as possible by contacting George Clerk (020 7091 2595, gclerk@ageuklondon.org.uk) or Bawan Alan (0775 33 111 39, bawan.alan@alzheimers.org.uk).

Volunteer for Healthwatch

Healthwatch Croydon volunteers carry out visits to health and social care services to make sure patients and service users are receiving the best care possible.



These visits are called *Enter and View*, and Healthwatch Croydon is offering free *Enter and View* training to anyone interested in becoming a volunteer.

The next training session will be on Monday 17 March, 9.30am - 4pm, at CVA Resource Centre, 82 London Road, Croydon CR0 2TB.

For more information or to book a place contact Nicole Beckford (020 8663 5648, info@healthwatchcroydon.co.uk).

Know Your Rights

Age UK Croydon can provide help and advice on a range of issues that may affect older people, including benefit entitlement, debt management, consumer advice from trading standards and guidance on how best to manage energy costs.



Speak to one of their advisers at a free event on Tuesday 18 March, 1.30 - 4pm, at Age UK Croydon, 81 Brigstock Road, Thornton Heath CR7 7JH.

Light refreshments will be served.

For further information, contact 0845 600 1090 or email ageconnect@ageukcroydon.org.uk.

SEN Drop IN

Croydon Parent Partnership



Service provides independent information and advice for parents/carers of children and young people with special educational needs (SEN).



The service offers SEN advice drop-in sessions on the second Friday of the month, 10am - 12 noon (term time only) at the Carers Support Centre. The next drop in will be on Friday 14 March.

There is no need to book an appointment, people are welcome to just drop-in.

For more information contact Croydon Parent Partnership Service on 020 3131 3150 or email parentssupportherts@familylives.org.uk.

Your Housing Your Questions

The next Your Housing, Your Questions event, which is open to council tenants, leaseholders and other local residents, will take place in the Community Space at Bernard Weatherill House, 8 Mint Walk, Croydon CR0 1EA on Wednesday 19 March at 7pm.



Croydon residents can ask senior managers questions about any council housing service such as caretaking, repairs, anti-social behaviour or rents.

If you would like to attend, simply turn up on the night – booking is not necessary.

For more information visit www.croydon.gov.uk/yhyq, or contact the resident involvement team (020 8726 6100, hsg-residentparticipation@croydon.gov.uk).

Please note residents are asked not to raise personal issues in the open part of the event, so a pre-event surgery (6.30pm) has been arranged for those who want to discuss matters of a personal nature.

Mental Health Carers Advice Surgery

Do you care for someone who has a mental health problem?

Would you like to find out more about support available to you and the person you care for?



Mind in Croydon's Carers' Support Service is now holding advice

surgeries at the Carers Support Centre on the first and third Thursdays of the month. The next surgery will be on 20 March, 10am - 1pm.

Call the Carers' Information Service on 020 8663 5608 to book an appointment.

Free Hand Massage

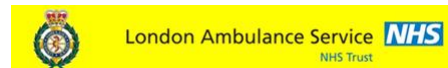
Carers can enjoy a free hand massage at the Carers Support Centre on Friday 21 March, 10.30am - 12.30pm.

There is no need to book, just drop in and see if there is an appointment available.



Emergency Care Research

The London Ambulance Service is currently setting up a research-focused patient and public involvement group.



To be eligible for membership, you should be a service user, carer, or member of the public with an interest in research – no previous research experience or knowledge is necessary. You should also be able to work as part of team, be friendly and approachable, reliable and trustworthy, and either live or work in London.

Membership is voluntary, but all expenses will be covered.

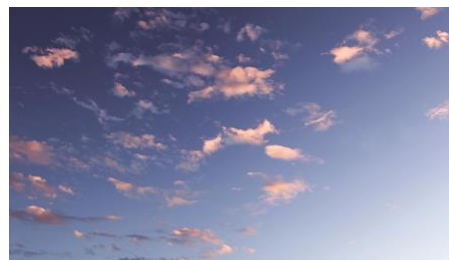
The first meeting is on Friday 21 March, 2 - 4pm, (with participants invited to an informal, introductory lunch at 1pm beforehand).

If you are interested but cannot attend on this day, please do still get in touch; there are also opportunities to contribute virtually and/or attend future meetings.

For more information contact Julia Brown (020 7783 2508, julia.brown@londonambulance.nhs.uk).

Life After Caring

The Carers' Information Service, with funding from Croydon Council, is offering *free* training days and information sessions to carers aged 16 and over who are living in Croydon.



Life After Caring is a course for former carers (people who no longer have a caring role following a bereavement).

When: Thursday 27 March, 10am - 12 noon.

Where: Carers Support Centre, 24 George Street, Croydon CR0 1PB.

Book your place: contact Ruth Laws on 020 8649 6280 or email ruthlaws@carersinfo.org.uk



Protect Yourself

The Carers' Information Service, with funding from Croydon Council, is offering free training days and information sessions to carers aged 16 and over who are living in Croydon.



Protect yourself from doorstep crime, fraud and internet scams is an information session led by Croydon Trading Standards.

When: Thursday 3 April, 10am - 12 noon.

Where: Carers Support Centre, 24 George Street, Croydon CR0 1PB.

Book your place: contact Ruth Laws on 020 8649 6280 or email ruthlaws@carersinfo.org.uk.

Free Yoga for Carers

Croydon carers will be able to access free yoga classes at the Carers Support Centre every Monday, 10.30 - 11.30am, starting on 7 April.



No experience is required, but booking is essential as classes are limited to eight people.

To book your place contact Donna Richmond at Croydon Neighbourhood Care on 020 8663 5630 or email donna@cnca.org.uk (Monday to Wednesday).

If attending please wear comfortable clothing. Yoga mats will be provided.

Listening Skills

The Carers' Information Service, with funding from Croydon Council, is offering *free* training days and information sessions to carers aged 16 and over who are living in Croydon.

Listening Skills is a one-day training course designed to help you communicate more effectively.

When: Tuesday 29 April, 10am - 3pm.

Where: Carers Support Centre, 24 George Street, Croydon CR0 1PB.

Book your place: contact Ruth Laws on 020 8649 6280 or email ruthlaws@carersinfo.org.uk.



Parents in Partnership Vacancy

Parents in Partnership (PIP) provides information and support to parents of children and young adults with special needs and disabilities.



PIP are looking for a Manager to lead, manage and develop activities and services to support parents of children and young people with disabilities. The Manager will work in partnership with agencies, partners, PIP's parent forum and local service providers to achieve desired outcomes for families in Croydon.

Experience in working or living with a person with disabilities, and management skills are both essential.

Full time - fixed term contract.

For an application pack contact PIP on 020 8684 9082 or email office@pipcroydon.com.

Closing date for applications: Friday 21 March 2014.

Coping After a Stroke

The Stroke Association and the Disabled Living Foundation have created an



online self-help guide for people who have had a stroke, and are looking for aids and equipment to help them with daily living.



Equip Stroke is simple to use:

Step 1: Choose a topic that you need help with

Step 2: Answer some questions

Step 3: Read a personalised report with advice and links to products that could help.

For more information go to www.stroke.org.uk/dailyliving.

Parenting Advice from Netbuddy

Netbuddy is an award-winning website for swapping practical tips and information on all aspects of supporting people with learning disabilities, autism or special needs.



A feature of the site is the *Ask an Expert* forums, where parents and carers can discuss issues with professionals.

Noel Janis-Norton is the new Parenting Adviser on Netbuddy, and is there to help resolve some of your typical and not so typical family issues.

For more information on Noel, or to ask her a question, go to www.netbuddy.org.uk/forums/ask-expert.

Social Care Jargon Buster

Think Local Act Personal has produced a *Social Care Jargon Buster*, which is a guide to the 52 most commonly used social care words and phrases and what they mean.



Access the Jargon Buster at www.thinklocalactpersonal.org.uk.

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