Carers' Information Service e-bulletin
June 2016

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What's New for Carers

Carers Information Service

Highlights from this month's *What's New for Carers?*

- June Events at the Carers Support Centre
- Join us for our annual Carers' Information Day on Wednesday 8 June 10am-4pm at Fairfield Halls
- Debt Clinic by South West London Law Centres (SWLLC)
- Carers Book Club reading The Red Tent
- Healthwatch Croydon - Have your say this Carers Week
- Housing information bus stopping in Thornton Heath
- Get your dancing shoes on for the Hub Tea Dance!
- Time is running out to have your say!

Remember to **like us on Facebook**/**follow on Twitter** for the latest updates!



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



June Events at the Carers Support Centre

Enjoy the run up to summer with our June Events Calendar.



Join us for our annual Carers' Information Day on Wednesday 8 June 10am-4pm at Fairfield Halls

Carers are warmly invited to attend our Carers' Information Day on **Wednesday 8 June 10am-4pm** at Fairfield Halls. The Carers' Information Day is a fantastic chance for carers to get the latest information and advice and meet local professionals in Croydon. The Worshipful the Mayor of Croydon, Councillor Wayne Trakas-Lawlor, will also be in attendance. On the day, carers can:

- Get free Health Checks
- Get free Benefits Checks
- Browse information stalls
- Meet local support organisations

There is no need to book a place - just drop in at any time between 10am-4pm on the day. For more information about Carers' Information Day, email **helenthompson@carersinfo.org.uk**.



Ca eCarers Week 6 - 12 June - are you ready?

It's all go at the Carers Support Centre for Carers Week. We have lots on for carers this year, including:

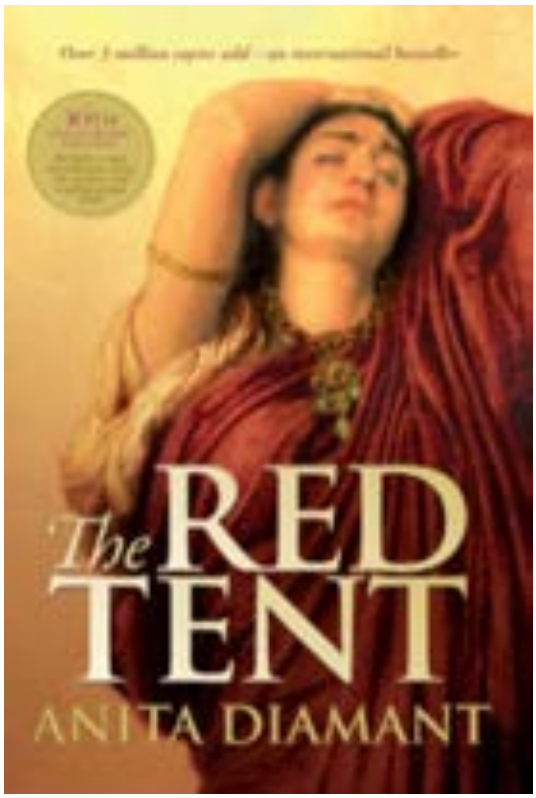
- Information and advice
- Free goodies for carers
- Carers Café open every weekday 10.30am-12.30pm except Wednesday and special afternoon sessions on Monday and Friday 1.30pm-3.30pm
- Drop in Carers Singing Group and Craft & Chatter session
- Massage tasters Friday 10 June **no booking required for this event** 10am-3.30pm
- Please note tai chi/Pilates are now full

Visit our website for more details.



Debt Clinic by South West London Law Centres (SWLLC)

Struggling with debt? Our debt clinic can offer carers an hour long appointment with a SWLLC Thames Water debt advisor who can look at current debt issues, income maximisation and assess potential eligibility for a grant towards white goods and utility bill debts. Next surgery dates are **Monday 6 June** and **Monday 4 July**. Book a slot by contacting **appointments@carersinfo.org.uk** or call **020 8663 5608**.



Carers Book Club reading The Red Tent

Come and join us for reading inspiration and lively discussion at the Carers Book Club. This month we are reading *The Red Tent* by Anita Diamant. Books are loaned from Croydon Library and can be picked up from us at the Carers Support Centre. To join the book club contact **ruthlaws@carersinfo.org.uk** or call **020 8649 6280**.



Dates for your diaries - advice surgeries

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 - 1, 15 & 22 June (2.30pm-4pm)
Legal Clinic - 30 June (12noon-3.30pm)
Legal Advice Surgery - 28 June (12noon-4pm)
Shelter Housing Advice Surgery - 22 June (1pm-2.30pm with 3pm-3.45pm drop in)
Mental Health Carers Surgery - 9 June & 23 June (10am-1pm)

Local News

News and views from and around Croydon

Healthwatch Croydon - Have your say this Carers Week

As part of Carers Week, Healthwatch Croydon is asking all carers in Croydon to let them know what they feel about services through a Carers Experience Survey. Take the survey online.

Healthwatch Croydon is also hosting the the Healthwatch Croydon Carers Choice Awards, rewarding those who go the extra mile for carers. You can vote for the best health and social care professional and organisation online and winners will be announced after Carers Week.



Housing information bus stopping in Thornton Heath

Get on board the one-stop housing information service on wheels on **Tuesday 28 June (10am-3pm)** at **97-101 Thornton Heath High Street, Croydon, CR7 8RY (near Poundland).** For future times/locations call **020 8726 6100** or email **getinvolved@croydon.gov.uk**.



Get your dancing shoes on for the Hub Tea Dance!

The Healthy Living Hub and Croydon Heart Town are hosting '**The Hub Tea Dance**' on **Friday 10 June 2pm** in the **Braithwaite Hall, Croydon Clocktower, Katherine Street, Croydon CR9 1ET**. Everyone is welcome! Tickets are £4 for tea, sandwiches and cakes and are available at the Healthy Living Hub, by calling **07768 722 645** or by emailing heart.town@croydon.gov.uk

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Family and Carers' Listening Day

A free listening day to family members and carers of anyone who uses South London and Maudsley services on **Thursday 16 June 10am-4pm at Prospero House, 241 Borough High Street, London SE1 1GA**. To book a place email **laurence.rusalen@slam.nhs.uk** or call **020 3228 1671**.

Could you be the next Chairperson for PIP Croydon?

PIP Croydon are looking for a new voluntary Chairperson. For more information visit their website: Read more

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Croydon Neighbourhood Care events for Carers Week

There are plenty of events going on to celebrate and reward carers in the borough of Croydon. Download Croydon Neighbourhood Care's list of events for Carers Week.

National News

A selection of relevant news items from across the country



Time is running out to have your say!

The government is reviewing the current Carers Strategy and the deadline for responses is **30 June**. This is YOUR chance to have your say on support for carers nationally, so don't miss out - visit the consultation website and fill in the survey.

New resource for carers on work focused interviews/work related activity

Sometimes carers who claim Income Support or Employment and Support Allowance (in the Work Related Activity Group) may be asked to attend work focused interviews and undertake work related activity. Carers UK has a new resource to support carers in this situation including template letters for carers to download and adapt.

Celebrate Volunteers Week 1 - 12 June

Over 21 million people volunteer in the UK at least once a year and this contributes an estimated £23.9 billion to the UK economy. There will be celebration events across the UK and the chance to find out more about Action. You can also follow the **#volunteercroydon #volunteersweek** hashtags on Twitter.



News and views round up

Council for Disabled Children and KIDS looking for disabled young people to join a new advisory committee: Read more

Mencap releases Easy Read guide to voting in the EU Referendum for people with learning disabilities: Read more

Advicenow produce new PIP appeals guide: Read more

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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.