

Support Groups

Contact organiser for details

Diabetes Parent Support Group

Monthly on a Monday, 9.30am - 11.30am
on: 1 April

A group for parents caring for a child with diabetes, with guest speakers. For more details, email marian.drennan@nhs.net.

Parkinson's Carers Group

Monthly on a Monday, 10.30am-12.30pm
on: 8 April

A group for carers and former carers of people with Parkinson's. Please come and join us for some friendly chat and discussion over a cup of tea or coffee. For further information, please call Pat on 01883 337 879.

NAS Croydon Branch Parent Group

Monthly on a Tuesday, 10am - 12noon on:
23 April

Meet other parents/carers who have or are waiting to receive a diagnosis of autism spectrum disorder (ASD) for a family member. For more details, email croydon8@nas.org.uk.

The Bereavement Group is now full. Call 020 8649 6280 or email tanyafitzgerald@carersinfo.org.uk for details of future groups.



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. Carers are welcome to drop in for information and advice on their caring role

Carers Support Centre

24 George Street, Croydon CR0 1PB

(Mon to Fri, 10am - 4pm)

020 8649 9339, option 1

(Mon to Fri, 9am - 5pm)

www.carersinfo.org.uk

Twitter: @informingcarers

Facebook: Carers Information Service



CROYDON
www.croydon.gov.uk

Carers Information Service

Note on events

Dates may be subject to change.

Call 020 8649 9339, option 1, visit www.carersinfo.org.uk or ask an advice worker at the Carers Support Centre.

Bank Holiday Closure

We will be closed on **Friday 19 and Monday 22 April** for Easter.

Health and Wellbeing Service

No need to book - just turn up!

Carers Café

Monday to Friday, 10.30am - 12.30pm

Enjoy free refreshments, newspapers, books, games and Wi-Fi at the Carers Café. A laptop is also available. You are welcome to bring the person you care for with you.

Creative Dance Class for Carers

Weekly on a Friday during term-time,
10.30am - 11.30am on: 5 April

A mixture of taught dance inspired by Bollywood, Swing, Belly Dancing and other styles. No previous experience required! Sessions will re-start again in May 2019.

What's On

at the Carers Support Centre

April 2019



Health and Wellbeing Service (cont.)

No need to book - just turn up!

Carers Book Club

Monthly on a Wednesday, 11am - 12noon on: 3 April

Collect each month's chosen read from us and discuss with fellow carers. This month's book is *Rivers of London* by Ben Aaronovitch. Books loaned by Croydon Library.

Croydon Carers Choir

Fortnightly on a Wednesday, 10.30am - 11.45am on: 10 and 24 April

Sing your heart out with our friendly guided singing group! No experience necessary, just come along and join the fun.

Bookable Wellbeing Activities

Call **020 8663 5674** or email enquiries@carersinfo.org.uk to book the following:

Pilates and Tai Chi are full for this term and bookings will re-open in May. Massage is fully booked for April. Apologies for any disappointment.

IT Buddy

Weekly on alternate Thursdays (check times when booking)

IT Buddies offer one-to-one support with your smartphone, laptop or tablet. Bring your own device or use the Carers Café laptop. Please note that we cannot provide repairs.

Drop-In Advice Surgeries

No need to book - just turn up!

Age UK Croydon (Advice Services Croydon)

Weekly on a Monday and Friday, 10am-12.30pm (drop-in) and 2pm-4pm (pre-booked appointments) on: 1, 5, 8, 12, 15, 26 and 29 April. Please note that this service won't be available on Good Friday or Easter Monday bank holidays.

Drop-in advice and information from an Age UK Croydon Adviser during advertised times.

SEN Advice

Weekly on a Friday, 10am - 12noon on: 5 and 26 April

Drop-in advice on any SEN issues provided by Kids Croydon SENDIAS and Mediation Service.

Stroke Association @ Carers Café

Monthly on a Friday, 10.30am - 12.30pm on: 12 April

Get advice and a free blood pressure check from the local Stroke Association.

Direct Payments @ Carers Café

Monthly on a Tuesday, 10.30am-12.30pm on: 30 April

Drop-in advice from Croydon Council Direct Payments Support Service. Find out about direct payments for support, recruiting a personal assistant and managing the responsibilities of being an employer.

Coffee with a Copper has been postponed until further notice. Please keep an eye on our website, e-bulletin and newsletter for updates.

Bookable Advice Surgeries

Call **020 8663 5608** or email appointments@carersinfo.org.uk to book the following:

Debt Clinic

Monthly session on a Monday, 11am - 2pm on: 1 April

60 minute session with a SWLLC Advisor who can look at current debt issues, income maximisation and assess eligibility for a white goods or utility bill debt grant.

Benefits Surgery

Weekly on a Wednesday, 2.30pm - 4pm on: 3, 10 and 17 April

Appointments for carers with Croydon Welfare Rights Team. Offers full benefits checks and support with complex benefits issues.

Mental Health Carers Support

Fortnightly on a Thursday, 10.30am - 12noon on: 11 and 25 April

30 minute session with Mind in Croydon. Can discuss any issue related to caring for someone with a mental health problem.

Gateway Employment

Monthly on a Wednesday, 10am-12.40pm on: 17 April

Booked 40 minute appointments with an employer adviser from Gateway Employment. Available to carers and former carers looking for full or part-time work.

Information and Workshops

Young Carers Homework Club

Weekly on a Thursday, 4pm-5.30pm during term-time.

Run by Young Carers Service. Supports young carers with school issues, including homework, coursework, bullying and revision. Provides access to a laptop and printer. Young carers must register with the Young Carers Service to attend. Email anyadestiney@talkofftherecord.org for details.

The Making Connections workshop has been cancelled due to a low booking rate. We will be running more workshops in future, so please keep an eye on our website, e-bulletin and newsletter for updates.