

Carers



News

Informing carers
in Croydon

November 2019 - January 2020

Carers Rights Day event on 21 November



Each year Carers Rights Day brings organisations from across the UK together to help carers in their local community know their rights and find out how to get the help and support they are entitled to. This year's theme is Helping You Find Your Way.

Mind in Croydon and a number of other carer organisations are running a Carers Rights Day Information Event on 21 November, 10am-1pm at Mind in Croydon, Fairfield House, 10 Altyre Road, Croydon CR0 5LA. There is no need to book, just turn up on the day.

Have you heard of the Croydon Carers Strategy 2018-2022?

The strategy is about how Croydon Council and other services aim to support the borough's 33,000 unpaid carers. The council created the strategy by working with commissioners, carers, local charities, service managers and the Croydon Carers Partnership Board.

The strategy explains the council's action plan for carers. Actions include continuing to provide current carer support, identifying more carers, working more closely with local businesses, working with GPs and local pharmacies, and much more.

To raise awareness for Carers Rights Day, we've posted out copies of the strategy summary with this newsletter. If you haven't received one, we have paper copies available at the Carers Support Centre, or you can find a copy online at www.croydon.gov.uk/democracy/dande/policies/health/carers. For more information, please email amydeakin@carersinfo.org.uk



In this edition:



- Your rights at work.
- Croydon Carers Strategy update.
- Top tips to help you deal with professionals.
- And much, much more!



Message from the editor

Dear reader,
Carers Rights Day takes place on 21 November 2019. It's so important to have days where organisations come together and help carers find out what they are entitled to.

In the spirit of carers' rights, this quarter's feature article addresses your rights as a carer in the workplace. Balancing work and care can be a real challenge, so it's important to know where you stand.

Other updates include information on Blue Badges, Croydon Carers Strategy, how to deal with professionals and much more.

I hope you find this issue helpful. Thanks again for picking up Carers News.

Best wishes,

Amy Deakin
Communications and Publications Officer

Christmas opening hours

The Carers Support Centre will close on 24 December 2019 and reopen on Thursday 2 January 2020. If you need support over the Christmas period, here are some useful contacts (call 999 in an emergency):

- Croydon Council 24-Hour Emergency Line - 020 8726 6000.
- NHS Non-Emergency Care - 111.
- Samaritans - 116 123.
- South London and Maudsley Mental Health (SLaM)
24 Hour Support Line - 0800 731 2864.

Croydon Council lists more emergency contacts:

www.croydon.gov.uk/community/emergencies/emergency-contacts



Carers
Information
Service

Carers Support Centre, 24 George Street, Croydon CR0 1PB | Open Monday to Friday, 10am - 4pm

020 8649 9339, option 1 | info@carersinfo.org.uk | www.carersinfo.org.uk

[@informingcarers](https://www.facebook.com/informingcarers) | [Informing Carers](https://www.facebook.com/informingcarers)

Carers
Support
Centre

Your rights at work as a carer



Right to request flexible working

Flexible working means changing your working pattern so it fits in with your life and other responsibilities. This can be very helpful for employees with a caring role.

Flexible working includes working from home, job sharing, flexitime, working part-time, term-time work or shift work.

Under the Employment Rights Act 1996, you have the right to request flexible working if you have been working for your employer for 26 weeks (six months) and you haven't made a flexible working request within the last 12 months. You can only make one request per year. Your request must:

- Be in writing.
- State that you are making a statutory flexible working request.
- Include the date you are making the request and when you want the flexible working to start.
- Explain the type of flexible working you need.
- Explain how you think the change may affect the business, and how you think your employer could handle this impact.
- State if you have made a request before, and if so, when.

Your employer must respond within three months (which can be extended by mutual agreement) and can only turn down your request for a good business reason. Reasons for refusal are:

- It would cost the business too much.
- The business can't reorganise the work with current staff.
- The business can't recruit the required extra staff.
- Work quality or job performance would suffer.
- The business wouldn't be able to meet customer demand.
- There isn't enough work for the times when the employee wants to work.
- There are planned structural changes to the business.

It is therefore important to consider the reasons why your request may be turned down and address them in your request letter.

If your employer turns down your request, they do not legally have to do so in writing or offer the right of appeal. However, some employers do offer appeals, so it is worth checking whether your employer does this.

Working Families has a template letter you can edit to make a request: www.workingfamilies.org.uk/articles/flexible-working-a-guide-for-employees

Time off for dependants

If you are an employee, your employer must give you time off for dependants in an emergency. A dependant is someone who relies on you for care e.g. a partner, child, grandparent, friend or sibling. This time off may be unpaid.

There is no limit to time off for dependants. Be aware that you cannot use time off for dependants for planned events e.g. a booked hospital appointment.

Parental leave

If you care for a child, you can have up to 18 weeks' of unpaid leave for each child until they are 18. You must take leave in weekly blocks unless you have a disabled child, in which case you can take leave as individual days. You must have been with your employer for over a year to request parental leave.

Equality Act

If you care for a disabled or elderly person, you are covered under the Equality Act 2010. This is because you are 'associated' with someone who is protected under the Equality Act due to age or disability. If you think you have been directly discriminated against because of your caring responsibilities, contact the Equality Advisory and Support Service on 0808 800 0082 or visit www.equalityadvisoryservice.com

Further information

ACAS

0300 123 1100

www.acas.org.uk

Provides information and advice to employers and employees on employment rights, including advice for individuals involved in an employment dispute.

Mending the Gap

www.mendingthecap.co.uk

Campaign for short-term paid carer leave.

Working Families

0300 012 0312

www.workingfamilies.org.uk

Information on employment rights for parents on disabled children. 'Waving not Drowning' project provides information and support to parent carers who work or want to work.

Guy Van Dichele Meeting

Guy Van Dichele, Executive Director of Health, Wellbeing and Adults at Croydon Council, is holding another discussion meeting for carers on Tuesday 26 November, 6.30pm-7.30pm in Room 1.01-1.02 at Bernard Weatherill House, 8 Mint Walk, Croydon CR0 1EA. This meeting is an opportunity to share your experiences of adult social care and carer services in the borough and offer feedback.

If you would like to attend this discussion meeting, please call 020 8649 6288 or email amydeakin@carersinfo.org.uk



Applying for a Blue Badge with an invisible or hidden condition

The national Blue Badge criteria has changed to include people with less visible conditions, such as a mental health problem or dementia. This does not mean that having a certain condition guarantees a Blue Badge. People with hidden conditions are automatically eligible for a Blue Badge if they score 10 points in their PIP mobility assessment under Planning and Following a Journey.

If the person you care for isn't automatically eligible, they may still get a Blue Badge if they:

- Have a hidden condition that causes them to severely struggle with journeys between a vehicle and their destination.

AND meet one of the following criteria:

- They are constantly a significant risk to themselves or others near vehicles, in traffic or car parks.
- They severely struggle to plan or follow a journey.
- They find it difficult or impossible to control their actions and lack awareness of the impact they could have on others.
- They regularly have intense and overwhelming responses to situations causing a temporary loss of control over their own behaviour.
- They frequently become extremely anxious or fearful of public/open spaces.

To apply, visit www.gov.uk/apply-blue-badge or contact Travel Services on 020 8726 7100 or email travel.service@croydon.gov.uk for help with your application.

Source: www.croydon.gov.uk/adult-care/getting-around/blue-badges

Warm Home Discount Scheme goes live for 2019-2020

Don't forget that you may be able to get a one-off £140 discount on your electricity bill under the Warm Home Discount Scheme! You're eligible if:

- You receive the Guarantee Credit element of Pension Credit **OR**
- You're on a low income and you meet your energy supplier's criteria.

Check with your energy supplier to see if you are eligible. Visit www.gov.uk/the-warm-home-discount-scheme for more information.

Learning from Loss

Contributor: Tanya Fitzgerald

Our Learning from Loss groups are open to carers and former carers who have experienced the death of someone close to them. Continuing to care when you are grieving can be difficult, as carers often put their own needs to one side. For those who have lost someone they care for, this can be a life-changing event and one that can be difficult to navigate.

Our bereavement support programme gives you opportunity to be around people who will listen and for you to hear others' stories. Learning from Loss sessions run for seven consecutive weeks on a Friday for one and a half hours. If you would like to register your interest, please call Tanya on 020 8649 6280 or email her at tanyafitzgerald@carersinfo.org.uk

Feedback from previous groups:

'I enjoyed the course, it felt very valuable. We all bonded and I have a new group of friends.'

'It made me think in a lot of ways how to overcome my sadness and especially my loneliness. I hope not to forget all the different ways of approaching this new way of life.'

'The course really helped me with the loss of my husband, and I am sad it has come to an end. Met some lovely people and hope we keep in touch. Our group leader was very, very good!'

Have you had your flu jab yet?

As a carer, getting a flu jab may not be high on your priority list. But you can't provide the best care if you're sick. And if you do try to carry on, you could pass on the virus to the person you care for, putting their health at risk. For older people and those with weaker immune systems, flu can be serious.

With the help of local pharmacists, we are offering free flu jabs for carers at the Carers Support Centre. November dates are:

- **Monday 11 November, 11am-12noon.**
- **Friday 15 November, 11am-12noon.**

Both sessions are drop-ins and on a first-come, first-served basis.



Carers' Christmas party

The Carers' Christmas Party will take place on Thursday 19 December. The party was very popular last year and we only have limited space, so please book ASAP to avoid disappointment. There will be light refreshments (not lunch) available at the party, so please let us know any dietary requirements when booking.

To book this event, call 020 8663 5674 or email enquiries@carersinfo.org.uk



Croydon Social P.

Contributor: Croydon Social P.

Croydon Social P. is a social prescribing project. Social prescribing is about helping GPs, nurses and other health professionals introduce patients to fun, local activities that will improve their health. This reduces pressure on the NHS and helps patients feel more in control of their own health.

Over the past two years, Croydon Social P. has worked with GPs, local organisations and Croydon residents to improve the range of activities on offer. By listening to what patients and local residents really want, the project helps people manage their own health and make long-term changes to their lifestyle.

Croydon Social P. helps local groups and organisations put on new activities, reach more people and make a bigger difference. Activities supported by the project include exercise classes in Purley Mosque and St Paul's Church in Thornton Heath, and art classes in the Whitgift shopping centre.

The project also works closely with GPs and other health professionals. GPs are supported by Care Connectors and Link Workers, who work in GP practices and have up-to-date information on all the activities on offer in the area.

For more information, email info@croydonsocialp.com

Advice Services Croydon: new drop-in locations!



Contributor: Age UK Croydon

Advice Services Croydon (ASC) provides information, advice and advocacy on a range of topics, including welfare benefits, self-help, housing advice and health, social and community care. You can contact ASC by phone (020 8686 0066), email asc@adVICEServicesCroydon.org.uk, book an appointment or visit one of the following drop-in sessions (10am-12.30pm):

Every Monday:

Old Coulsdon Centre for the Retired,
Grange Park, Coulsdon Road CR5 1EH

Every Tuesday:

Ashburton Library, 42 Shirley Road, Croydon CR0 8YT

Every Wednesday and Thursday:

Age UK Croydon, 81 Brigstock Road, Thornton Heath CR7 7JH

KIDS SEND Conference 2019: "Knowledge is Power. Know Your Rights."

**Thursday 28 November 2019,
9.30am-4.30pm**

Contributor: KIDS SENDIASS

Education is an essential part of every child's life, but far too many children with special educational needs and disabilities (SEND) do not get the education they need. With the right support, every child can succeed.

Come and listen to expert guest speakers and hear the experiences of parents and young people with SEND. Discover what support is available for children and young people with SEND in Croydon. Meet other parents and carers with similar experiences and enjoy the free lunch.

This conference is free for parents and young people, and £40 for professionals. To book your place, email croydon@kids.org.uk

Better Working Futures - Work and Health Programme



Work and Health Programme



Friendly advisers helping residents into work!

The Better Working Lives – Work and Health Programme, delivered by Reed in Partnership, provides personal advice and guidance, health support and skills training to residents in Croydon, Merton, Sutton, Kingston and Richmond who would like to return to work.

Whether you would like full or part-time work, help to start up a business or become self-employed, the programme is designed to take all of your personal circumstances into account, including health, disabilities and caring responsibilities.

Please contact your local Job Centre Plus and ask to speak to a work coach to find out more, visit www.bwfsouthlondon.co.uk and use the 'contact us' button or call 020 3910 2570 to speak to an adviser.

Talk on medication

There will be a talk on medication for carers of someone with a mental health problem on Wednesday 6 November, 7pm-9pm at Croydon United Reformed Church, Addiscombe Grove, Croydon. The speaker is Emily Laing, Chief Pharmacist. All are welcome. The event and refreshments are FREE.

Croydon Carers Choir wins songwriting grant to raise carer awareness



Croydon Carers Choir has received a small grant to create their own caring song thanks to MyCool Music Foundation.

The Croydon singers will use the foundation's funding to write and perform a unique song about those who look after sick or disabled friends, partners and relatives.

The songwriting project is part of Croydon Carers Choir's long-standing mission to help the borough's hidden carers find their voices and express themselves.

Singers will work on their new song over a period of four months and hope to finalise the piece in December 2019.

The choir currently meets twice a month at the Carers Support Centre to sing, smile and enjoy a well-deserved break from caring.

Katie Rose, Croydon Carers Choir leader said: 'We are so thrilled that MyCool Music Foundation is generously supporting local carers through this project. Their support will allow us to help carers develop their songwriting skills and continue to raise awareness of the issues carers face every day.'

Croydon Carers Choir members are looking forward to getting started with the new project, describing it as 'a new exciting challenge' and 'good learning experience'.

Would you like to try out Croydon Carers Choir?

Croydon Carers Choir offers fun and friendly singing for carers. You don't have to be experienced or brilliant at singing to take part - the group is for all abilities. The singers meet fortnightly on a Wednesday morning, with the chance to have a cuppa and chat in the Carers Café afterwards. Turn to page seven for choir dates and details.

About MyCool Music Foundation

The MyCool Music Foundation was founded in 2017 and was born out of the MyCool Singers Community Choir. Since its formation, MyCool Singers has become one of London's most respected community choirs and with its ethos of 'Giving Through Singing' has raised several thousand pounds for charities and organisations.

Carers
Support
Centre

Carers Support Centre Forum

'[It's] good meeting other carers and taking part in helping the Carers Support Centre. I have learnt much from sessions and visitors [speaking to the Forum].'
(Forum member)

The Carers Support Centre Forum was launched in March 2019 to represent carers' views, raise carers' issues and plan local campaigning.

While there are forums run by other organisations (e.g. a learning disability carer forum, a parent carer forum, etc.), there was no forum for all groups of carers in Croydon to have a collective voice.

The Forum has been extremely busy over the past six months. Since the Forum began, members have:

- Met with senior Croydon Council commissioners (people who decide which services to fund on behalf of the council).
- Created a list of key themes and priority actions for carer support services.
- Reviewed the Carers Support Centre's health and wellbeing activities and training, and planned activities for the future.
- Provided feedback on Croydon Council's draft Carer Service Specification and Carer's Strategy Action Plan.
- Learned how to engage with their MP and local councillors.

Forum members tell us that they benefit from taking part in meetings. 100% of members said they strongly agree that they feel better informed and supported from taking part, and 100% agree that they have made connections with other carers.

Join the Forum!

We have a limited number of places on the Forum but spaces do become available every so often. If you are interested in finding out more about the Forum and whether there are any spaces available, please call Amy Deakin on 020 8649 6288 or email amydeakin@carersinfo.org.uk

Other ways to get involved

If you don't think you can commit to regular meetings but still want to share your views, please email amydeakin@carersinfo.org.uk to be added to the email mailing list.

Dealing with Professionals



As a carer, you will probably need to deal with many professionals, from teachers and doctors to social workers and advisers. Unfortunately, these conversations do not always go smoothly. To try and make your life a bit easier, our trainer Clare shares tips from carers who attended her Dealing with Professionals workshop.

What are the problems?

- It is hard getting through to the right person.
- Not being listened to.
- Being passed around from person to person.
- Patient notes or files not being read.
- Difficulties communicating.
- Poor or no liaison.
- Overzealous professionals!
- Having to do everything yourself.
- Feeling isolated.

Tips from carers on handling issues with professionals

- Make a complaint.
- Refuse to pay for a service until things are put right.
- Use services like the Carers Support Centre, Citizen's Advice, advocacy services, Age UK, Mencap and/or the Disability Law Service.
- Get help with writing letters and hand deliver them if necessary.
- Use words that will get heard such as 'infection control' and 'safeguarding concern'.
- Take people to meetings with you for support.

Tips from our trainer

- When dealing with consultants, doctors or specialists, write a letter to them two weeks before your appointment, explaining what has happened since the last appointment. This saves time. It also prepares you for the meeting and helps you summarise the key points you need to make.
- Don't expect immediate results. Change isn't always instant. There may be hurdles the professional may need to get over to help you.
- Use a calendar to keep track of appointments or visits.
- If things change for the person you care for, keep a diary so you can share this with the relevant professionals.
- Don't pick up the phone or send an email if you have had a bad day or you are just feeling really stressed. Take a breather and try again when you are feeling calmer.
- If you're writing a letter of concern or complaint, try to remain polite,

state the facts of what happened, and clearly explain what you want to happen now. You might want to get someone you trust to read it before you send it out.

- Keep details of people's names, job titles and the dates when you spoke to them.
- Tell professionals/care staff when they done something well or if they have helped. It can be tough for them too!
- Look after yourself and ask for help!

Find advice and support

You can drop in to the Carers Support Centre for help and advice, or give us a call on 020 8649 9339, option 1. There are also other specialist organisations who may be able to help you:

ACAS

0300 123 1100 | www.acas.org.uk

Advice on employment rights, including advice for people in an employment dispute.

Advocacy for All

0345 310 1812 | www.advocacyforall.org

Provides advocacy (speaking on your behalf) in Croydon.

Citizen's Advice

0300 330 9095 (Croydon) | www.citizensadvice.org.uk (National)

www.citizensadvicecroydon.org (Croydon)

National website has advice on a wide range of issues. Croydon branch based at 48-50 Portland Road, South Norwood, London SE25 4PQ.

Healthwatch Croydon

0300 012 0235 | www.healthwatchcroydon.co.uk

Health and social care watchdog in Croydon. Doesn't investigate individual complaints, but they can raise common issues and influence local services.

Local Government Ombudsman

0300 061 0614 | www.lgo.org.uk/make-a-complaint

Investigates complaints about councils and adult social care providers e.g. care homes and home care agencies. You must complain to the organisation first and allow them to respond.

Patients Association

0800 345 7115 | www.patients-association.org.uk

A patient charity campaigning for better health and social care. Has a patients' helpline and factsheets on NHS complaints.

South West London Law Centres (SWLLC)

020 8767 2777 | www.swllc.org

Free specialist legal advice for people on a low income. Holds drop-in evening advice clinics on certain days at 5th Floor, Davis House, Robert Street, Croydon CR0 1QQ. Contact for details.

Do you have something you'd like to share in Carers News? Your Voice is your space to do so. Email your contribution ideas to amydeakin@carersinfo.org.uk or write to Amy Deakin, Carers Information Service, Carers Support Centre, 24 George Street, Croydon CR0 1PB.

Dates for your diary

Health and Wellbeing

No need to book, just turn up.

Carers Café



Every weekday 10.30am-12.30pm

Drop in to the Carers Café to relax, have a break and enjoy a free hot drink, books, games and Wi-Fi. A laptop is also available.

Creative Dance Class



Weekly on a Friday in term-time, 10.30am-11.30am on: 1, 8, 15, 22 and 29 November (NO DECEMBER SESSIONS - CHRISTMAS BREAK.)

A mixture of taught dance inspired by Bollywood, Swing, Belly Dancing and other styles. No previous dance experience required.

Carers Book Club



Monthly on a Wednesday, 11am-12noon on: 6 November, 4 December and 8 January 2020
Collect each month's chosen book from us, then come along and discuss it with fellow readers. Books are supplied by Croydon Library.



Croydon Carers Choir

Fortnightly on a Wednesday, 10.30am-11.45am on: 13 & 27 November; 11 & 18 December; January TBC

This is a guided singing group, covering a range of musical styles from around the world. No experience necessary, just come along and join the fun.

Booking is required for the following events. Many of these events are popular and fill up quickly, so book as soon as possible. To book, call 020 8663 5674, or email enquiries@carersinfo.org.uk

Please only leave one voicemail or email per booking. Due to the high volume of booking enquiries we receive when sending out the newsletter, you may need to wait for a response, but requests will be responded to in order of receipt.

BOOK NOW

IT Buddy for Carers

Weekly on alternate Wednesdays and Thursdays. Check times and dates when booking.

Get one-to-one IT support with a volunteer IT Buddy with your computer, laptop, mobile or tablet. Bring your own device or use the Carers Café laptop. Please note that we cannot provide repairs.

Tai Chi for Carers (FULLY BOOKED)

Weekly on a Friday, 12noon-1pm on: 25 October; 1, 8, 15, 22 and 29 November

This course is now fully booked. Please look out for future dates in the next e-bulletin and newsletter.

Booking fees

Please note that Pilates now has a termly non-refundable booking fee - check the description for current rates. We will send you payment details upon receiving your booking query. Priority will be given to carers who have not yet taken part in our exercise classes. Check with your GP before starting a new exercise.

NEW FEES

Pilates for Carers

Weekly on a Monday, 1pm-2pm and 2.15pm-3.15pm on: (CURRENT TERM -FULLY BOOKED) 4, 11, 18 and 25 November; 2, 9 and 16 December (NEW TERM - SPACES AVAILABLE); January 2020

Take care of your body and mind with our termly Pilates sessions for carers. Sessions are booked in ten week blocks. This activity is extremely popular, so book as soon as possible. This event now has a non-refundable £10 booking fee per term. This is equivalent to £1 a session.



Massage for Carers

Monthly on Fridays and Mondays, 10.30am-3.30pm on: 8 and 11 November; 13 and 16 December; January TBC

Relax and unwind with a 25 minute neck and shoulder massage. We now hold sessions twice a month.

Advice and information

No need to book, just turn up.

SEN Drop-in

Weekly on a Friday in term-time, 10am - 12noon on:

Advice on any special educational needs (SEN) issues provided by KIDS Croydon SENDIASS (Special Educational Needs and Disability Information Advice and Support Service).

Stroke Association @ Carers Café

Monthly on a Friday, 10.30am-12.30pm on: 8 November, 13 December and January TBC

Free advice and blood pressure checks from the local Stroke Association in the Carers Café.

Education, Health and Care Plan (EHCP)

Drop-In

Twice a month on a Wednesday, 10am-12noon on: 13 and 27 November; 11 December; 8 and 22 January 2020

Drop-in advice on EHCPs from Astrid Macabee, a Carers Information Service Advice Worker.

Booking is required for the following events. To book, call 020 8663 5608 or email appointments@carersinfo.org.uk

BOOK NOW

Debt Clinic

Monthly on a Monday, 11am-2pm on: 4 November, 2 December and 6 January 2020

60 minute appointment with a South West London Law Centre (SWLLC) Advisor who can look at current debt issues, income maximization and assess eligibility for a grant for white goods (fridge, washing machine, etc.) or utility bill debt (gas, electricity, water, etc.)

Benefits Surgery

Weekly on a Wednesday, 2.30pm-4pm
on: 6, 13 and 20 November; 4, 11 and 18
December: January 2020 TBC

Weekly appointments for carers with
Croydon Welfare Rights Team. Carers can
discuss complex benefits issues or receive a
benefits check.

Mental Health Carers Support

Fortnightly on a Thursday, 10.30am-12noon
on: 14 and 28 November; 12 December;
January 2020 TBC

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

Gateway Employment Workshops

Monthly on a Wednesday, 10am-12.40pm
on: 20 November, 18 December and January
2020 TBC

Booked employment advice provided by
Gateway Employment for carers and former
carers looking for full or part-time work.

Carer support groups

Contact the organiser for details.

Inaspectrum

Twice a month on a Wednesday, 11am-1pm
on: 6 and 20 November; 4 and 18 December;
15 January 2020

A self-help and peer support group for autistic
adults in Croydon. To join, call 07900 990 292
or email inaspectrum@hotmail.com

Diabetes Support Group

Monthly on a Monday, 9.30am-11.30am on:
11 November

A group for parents caring for a child with
diabetes with guest speakers. Email marian.drennan@nhs.net for details.

Parkinsons Carers Support Group

Monthly on a Monday, 10.30am-12.30pm
on: 11 November and 9 December

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 Support Group

Monthly on a Tuesday, 10am-12noon on:
19 November and January 2020 TBC (NO
DECEMBER MEETING.)

Coffee morning with an opportunity to meet
other parents and carers who have received a
diagnosis, or are waiting to receive a
diagnosis, of autism spectrum disorder for a
family member. For more information email
croydon8@nas.org.uk

Workshops

Booking is required for the following
events. Check the listing for booking
details.

How to Make Amendments to an EHCP Draft

Thursday 7 November, 10am-12noon

Are you already applying for an Education,
Health and Care Plan (EHCP) for your child?
Learn more about the importance of the
EHCP draft, including why, when and how to
make changes, in this session led by Astrid
Macabee. To book, call 020 8649 6283 or
email astridmacabee@carersinfo.org.uk

Managing Your Time

Thursday 14 November, 10am-2pm

As a carer, you will have many pressures on
your time. Learn how to manage your time
more effectively and reduce your stress
levels. To book, call 020 8663 5674 or email
enquiries@carersinfo.org.uk

Looking After Yourself (Carer Self-Care)

Tuesday 3 December, 10am-2pm

When was the last time you did something just
for you? Learn practical, realistic strategies to
help you look after your physical and mental
health and avoid burnout while juggling a
busy caring role. To book, call 020 8663 5674
or email enquiries@carersinfo.org.uk

EHCP Annual Review

Thursday 5 December, 10am-12noon

Does your child already have an EHCP? EHCPs
must be reviewed every 12 months. But what
should a review look like? Learn more in this
session led by Astrid Macabee. To book, call
020 8649 6283 or email astridmacabee@carersinfo.org.uk

Events from January 2020

Please note that some events do not list
January dates, as these have yet to be
confirmed at time of print. For the latest
dates, visit www.carersinfo.org.uk/whats-on,
call 020 8649 9339, option 1 or email
info@carersinfo.org.uk

For a large print copy of *Carers News*
call us on 020 8649 9339, option 1



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john
whitgift
foundation

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