

Support Groups

Contact organiser for details

Inaspectrum

Twice a month on a Wednesday, 11am-1pm on: 2 and 16 October

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

Learning From Loss Bereavement Group (GROUP FULLY BOOKED)

Seven week blocks on a Friday, 10.30am-12noon on: 4, 11, 18 and 25 October

Bereavement support for current and former carers who have experienced a bereavement. Sessions are led by Tanya Fitzgerald, a BACP registered counsellor. This block is fully booked but to attend a future group, call 020 8649 6280 or email tanya Fitzgerald@carersinfo.org.uk

Diabetes Parent Support Group

Monthly on a Monday, 9.30am-11.30am on: 14 October

A group for parents caring for a child with diabetes, with guest speakers. For more details, email mhn-tr.paediatricdiabetes@nhs.net

Parkinson's Carers Group

Monthly on a Monday, 10.30am-12.30pm on: 14 October

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: 15 October

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

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.

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, 10.30am-11.30am on: 4, 11, 18 and 25 October

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

What's On

at the Carers Support Centre

October 2019



Health and Wellbeing Service (cont.)

No need to book - just turn up!

Carers Book Club

Monthly on a Wednesday, 11am-12noon on: 2 October

Collect each month's chosen read from us and discuss with fellow carers. This month's book is *A Week in December* by Sebastian Faulks.

Croydon Carers Choir

Fortnightly on a Wednesday, 10.30am-11.45am on: 9 and 30 October
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:

IT Buddy

Weekly on alternate Wednesdays, 10.30am-12noon and alternate Thursdays, 10am-1pm on: 2, 3, 16, 23 and 24 October
IT Buddies offer one-to-one support with your smartphone, laptop or tablet. Bring your device or use the Carers Café laptop. Please note that we cannot provide repairs.

Massage for Carers

Twice a month on a Monday and a Friday, 10.30am-3.30pm on: 11 and 14 October
Relax and unwind with a 25 minute neck and shoulder or hand and arm massage.

Tai Chi (NEW TERM)

Weekly on a Friday, 12noon-1pm on: 25 October; 1, 8, 15, 22 and 29 November
Look after your health and wellbeing with this six week Tai Chi taster course. Tai Chi is a slow-moving Chinese martial art for health and relaxation. **Please note that there is a non-refundable one-off £5 payment per term for this activity.**

Drop-In Advice Surgeries

No need to book - just turn up!

Education, Health and Care Plans Advice

Twice a month on a Wednesday, 10am-12noon on: 9 October
Drop-in advice on EHCPs from our advice worker, Astrid Macabee.

SEN Advice

Weekly on a Friday, 10am-12noon on: 4 and 11 October
Drop-in advice on any special educational needs issues, provided by KIDS Croydon SENDIASS.

Stroke Association @ Carers Café

Monthly on a Thursday, 10.30am-12.30pm on: 11 October
Get advice and a free blood pressure check from the local Stroke Association.



Bookable Advice Surgeries

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

Benefits Surgery

Weekly on a Wednesday, 2.30pm-4pm on: 2, 9, 16 and 23 October
Appointments for carers with Croydon Welfare Rights Team. Offers full benefits checks and support with complex benefits issues.

Debt Clinic

Monthly session on a Monday, 11am-2pm on: 7 October
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.

Mental Health Carers Support

Fortnightly on a Thursday, 10.30am-12noon on: 10 and 24 October
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: 16 October
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
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.

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

How to Apply for an Education, Health and Care Plan (EHCP)

Thursday 10 October, 10am-12noon
Children with special educational needs (SEN) may need an EHCP to ensure that their support needs are being met at school. But how do you apply for one? And what do you do if your application is rejected? Learn how to navigate the process with this information session led by advice worker Astrid Macabee.

COMING UP NEXT MONTH

How to Make Amendments to an EHCP Draft

Thursday 7 November, 10am-12noon
Are you already applying for an EHCP for your child? Learn more about the importance of an EHCP draft, including why, when and how to make changes.