

Carers



News

Informing carers
in Croydon

August - October 2018



Photo credit RobWilsonJnr-Fluid4sight.com

Local carers celebrated in Croydon's first ever Peace Festival

Croydon carers were honoured and celebrated at Croydon's first ever Festival of Peace this summer. Photographs of local carers taken at the Carers Support Centre appeared in *Who Keeps The Peace?*, an exploration of peace in the borough by local photographer Rob Wilson Jr. of Fluid4sight.com. The exhibition featured ordinary Croydon citizens doing extraordinary things, quietly and peacefully, to improve the lives of others and build a better future.

Carers' talents were also celebrated as part of the festival. Croydon carers worked with professional dance teacher Anusha to create a unique dance on the theme of peace, which was performed at the Summer of Love event in Wandle Park this June. Croydon Carers Choir also worked with the Dance Group to create a fabulous Indian Singing and Dancing Fusion event during Carers Week.

We'd like to thank all the carers who participated in the Croydon Festival of Peace, and the festival organisers for making such a special event happen.

Do you still wish to receive our emails?

Due to the new data protection legislation (GDPR), you need to explicitly opt-in to receive our e-bulletin, *Carers News* by email, and other email updates. If you no longer receive our email but would like to, you can re-subscribe online: www.carersinfo.org.uk. You can also email amydeakin@carersinfo.org.uk confirming which emails you wish to receive. Please note that you can unsubscribe at any time.

For more information on how we collect personal information and keep it safe and secure, ask for a copy of our new Privacy Policy at the Centre or visit www.carersinfo.org.uk/privacy-and-cookies-policy.

In this edition:



- Bereavement support.
 - Carers Week photo gallery.
 - Money management workshops.
- ...and much, much more!



Message from the editor

Dear reader,

Thank you for picking up this edition of *Carers News*. We hope you find it helpful.

Our feature article focuses on the sensitive topic of bereavement. Losing the person you care for can be an extremely difficult time, so please rest assured that the Centre is still here for you if you need us. We are planning further support for bereaved carers at the Centre, so please turn to page two for further details.

This issue also has the usual mixture of local and national news, including updates of Power of Attorney refunds, Direct Payments, local leisure activities and much more.

As editor, I'm still keen to hear from carers for future article ideas, so please get in touch if you'd like to contribute.

Amy Deakin
Communications and Publications
Officer

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

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Carers
Support
Centre

Bereavement: how to cope



When someone close to you dies, it can feel difficult to cope. You may experience powerful emotions or a sense of numbness. There is no time limit to your grief and there is no right or wrong way to feel.

It is important to look after yourself as much as possible at this time. Try to eat well and rest, even if you struggle to sleep. Be gentle with yourself.

You may find it helpful to talk to someone you trust, such as a close friend or family member. You can also talk to a bereavement support service or a counsellor. See the Further Sources of Support section for a list of local bereavement and counselling services. The British Association for Counselling and Psychotherapy (BACP) also has a directory of accredited counsellors: www.bacp.co.uk.

As well as dealing with the loss of someone close to you, you may have to cope with the loss of your caring role. This can be really challenging, especially if you are used to organising your life around caring. Caring for someone has been a significant part of your life and it is important to recognise that fact.

To help carers who are preparing for end of life or who have recently experienced bereavement, we have produced a factsheet, *When the Person You Care for Dies*. The factsheet includes information on practical arrangements after a death and sources of further help. You can request a copy at the Centre, call 020 8649 9339 option 1 or email amydeakin@carersinfo.org.uk.

The Carers Support Centre is still available to carers whose caring role has come to an end. If you feel you need support, our Advice Worker Tanya Fitzgerald is setting up a service for carers who have experienced a bereavement. For more information, call Tanya on 020 8649 6280 or email tanyafitzgerald@carersinfo.org.uk.

Life after caring

When caring comes to an end, it can take a long time to adjust. You may reach a point where you want to look at what you want to do next. Options include volunteering; employment; or finding a new hobby or skill. Volunteer Centre Croydon (Centrale Shopping Centre, 21 North End, Croydon CR0 1TY) and Croydon Adult Learning and Training (020 8726 7777, www.calat.ac.uk) offer information on volunteering and training respectively.

Further sources of support

Bereavement Advice Centre

0800 634 9494

www.bereavementadvice.org

Provides practical information and advice after a death.

Bereavement UK

www.bereavement.co.uk

Hub of information and support for people who have experienced bereavement.

Christ Church Purley Bereavement Support Group

020 8763 8291

Support group for people who have been bereaved (open to everyone regardless of faith).

Croydon Improving Accessing to Psychological Therapies (IAPT)

020 3228 4040

<https://slam-iapt.nhs.uk/croydon>

NHS service offering psychological therapies to adults aged 18 years and over who are registered with a Croydon GP, including people experiencing grief and loss. You can self-refer for a telephone assessment.

Cruse Bereavement Care Croydon

020 8916 0855 (24-hour answer phone)

www.cruse.org.uk

Information, support and groups for people who have experienced bereavement, including free one-to-one counselling in people's homes.

NHS Moodzone

www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/

Information on coping with bereavement and grief.

Rowland Brothers Bereavement Support Group

020 8660 5547

christine@rowlandbrothers.com

Bereavement support group run by Rowland Brothers Funeral Directors. The group is free and open to all.

St Christopher's

020 8768 4599

www.stchristophers.org.uk

Bereavement service for families of people who have died at St Christopher's Hospice. Candle Service (020 8768 4500) offers one-to-one and group counselling for bereaved children and young people aged up to 18 in South East London.

Woodside Bereavement Service

020 3256 2009

www.thelisteningear.org.uk

Free counselling for anyone (child or adult) who has been bereaved, including pre-bereavement counselling for people with a life-limiting condition and their carers.

Government to end PIP reviews for people with the most severe health conditions



The Department of Work and Pensions (DWP) has announced that those awarded the highest level of Personal Independence Payment (PIP) will receive an ongoing award of PIP with a light touch review every 10 years. This change applies to people whose needs are expected to stay the same or increase.

Under new guidance released this summer, the DWP says that the change will ensure that those with severe or progressive conditions receive an award which reflects the fact that their condition will not improve.

Learn more on the GOV.UK website: www.gov.uk

Over one million are owed a refund on Power of Attorney registration fees

If you applied to register a Power of Attorney from 1 April 2013 to 31 March 2017 and you live in England or Wales, you may be owed a partial refund of up to £54 per Power of Attorney (including 0.5% interest).

This refund applies to Lasting Power of Attorney and Enduring Power of Attorney. The deadline to claim is 31 January 2021.

To claim a refund, visit www.gov.uk/power-of-attorney-refund or call 0300 456 0300 and select option six. You'll need the donor's details (including bank details), a copy of the Power of Attorney (if you have it) and the name of one of the attorneys.

It takes up to 12 weeks for a claim to be processed. Agreed refunds will be paid into the bank account of the person the Power of Attorney was set up for.

Worried about your finances?

South West London Law Centres (SWLLC) can help with free workshops to help you manage your money:

- Switching and saving on household bills on 7 August, 10.30am - 11.30am.
- Money management and budgeting on 21 August, 10.30 - 11.30am.

All workshops take place at the Carers Support Centre. Pre-booking is essential. To book your place, call 020 8663 5674 or email enquiries@carersinfo.org.uk to book

Closure of Family Lives in Croydon

The Family Lives Croydon Independent Support Service unfortunately closed on 31 July. There will therefore be no further Education, Health and Care (EHC) Plan drop-in advice sessions at the Carers Support Centre.

For advice on special educational needs (SEN) and EHC Plans, the following services may be able to help:

- IPSEA offers telephone advice on SEN issues. Calls must be booked online: www.ipsea.org.uk/advice-line.
- Kids SENDIAS and Mediation Service provides an information, advice and mediation service for parents and carers in Croydon, including a term-time SEN advice drop-in on Friday mornings at the Carers Support Centre. Call 020 8663 5630 or email croydon@kids.org.uk.
- SOS SEN provides SEN advice via their helpline (0300 302 3731) and drop-in advice centres. The nearest centre is Salvation Army, 66 High Street, Thornton Heath CR7 8LF. Check their website for opening dates and times: www.sossen.org.uk.
- Special Needs Jungle is a parent-led website with information and resources on SEN and education law: www.specialneedsjungle.com.

Advice Services Croydon (ASC) at the Carers Support Centre

Advice Services Croydon (ASC), run by Age UK Croydon, is holding two weekly advice sessions at the Carers Support Centre on Mondays and Fridays only. Drop-ins run from 10am - 12.30pm, with booked appointments from 2pm - 4pm. You can also call the service's helpline on 020 8686 0066 or email asc@adviceservicescroydon.org.uk.

Please note that Age UK Croydon is not based at the Carers Support Centre and advisers will only be available during advertised times.

Carers Support Group

If you are currently caring for someone and need more emotional support, you may be interested in our monthly support group for carers. For more information, call Tanya on 020 8649 6280 or email tanyafitzgerald@carersinfo.org.uk.

Croydon Healthy Homes

Contributor: Croydon Council



Croydon Healthy Homes offers free support to reduce your fuel bills and make your home more energy efficient. If you own your home or rent from a private sector landlord, Croydon Council can fund a qualified energy assessor to visit your home, fit free energy efficiency measures, help you find the best fuel tariffs, and ensure you receive the utilities support you are entitled to.

For more information and to apply, call 0800 292 2529 (Monday to Friday, 9am to 5pm) or visit www.croydon.gov.uk/healthyhomes. When applying, please state that you are carer.

Parkinson's support in Croydon

Contributor: Parkinson's UK Croydon and District Branch

Parkinson's UK Croydon and District Branch is an active group providing friendship and support to people with Parkinson's and their carers. The service offers monthly branch meetings, support groups, exercise classes, outings and holidays, a newsletter, fundraising and transport to meetings if needed.

Call Jacky Green on 01737 355487 or email jackygreen234@hotmail.com for details.

Debbie's Club - enjoy a fun night out

Contributor: Debbie's Club

Debbie's Club started in June 2001 by Debbie's mother to provide opportunities for people with a learning disability to make friends and enjoy a night out. Activities include film, dance, cooking, music, arts and craft.

Debbie's Club meets at St Paul's Church Hall, Norfolk Road, Thornton Heath, CR7 PNB. Sessions cost £5. For more information, call Myrtle on 07956 593 718 or email mrytlerob@hotmail.com.

Tribunal Workshop for Parents and Young People

Learn the law with this Tribunals Workshop from Kids SENDIAS on Thursday 18 October, 10am - 12noon at the Carers Support Centre. Guest speakers are Greg Bramwell, SEND Tribunals Appeals Officer and Richard Charles, SEND Tribunals Assistant. The session will cover working documents, timescales, gathering evidence and witnesses. Please note that individual cases will not be discussed. To book, please email virginija.SL@kids.org.uk.

Employment advice for carers

Contributor: Carers Lewisham

Carers Trust in partnership with 24 network partners has launched Working for Carers, a project providing employment and training advice for carers.

The project helps carers to gain new skills, build confidence and make a change by helping with:

- One-to-one sessions with a dedicated Employment Personal Advisor.
- Workshops and group sessions.
- Support with writing CVs and interview techniques.
- Help with job-searching.
- Employment, training and volunteering opportunities.

Working for Carers is for carers and former carers, aged 25 and over, not in paid work and living in any London borough. Access to this service is completely free, as the project is jointly funded by the Big Lottery Fund and the European Social Fund.

The service in your area is delivered at the Carers Support Centre by Carers Lewisham.

To register, or for more information, please call 020 8699 8686 or email workingforcarers@carerslewisham.org.uk.

Take care of your mental health with Mind in Croydon

Are a carer aged 18 or older? Do you or the person you care for live, work or receive education in the borough of Croydon?

If you can say yes to both questions, you can attend the following Carers Workshops run by Mind in Croydon:

- Depression - Monday 3 September, 10.30am - 11.45am
- Managing and Working with Worry - Monday 1 October, 10.30am - 11.45am
- Health and Wellbeing - Monday 5 November, 10.30am - 11.45am
- Keeping Calm - Monday 3 December, 10.30am - 11.45am

Group sessions are held at Fairfield House Art Room, 10 Altyre Road, East Croydon CR0 5LA. No pre-booking necessary, just turn up on the day. For more information, call 020 8763 2064 or email counselling@mindincroydon.org.uk.

Carers Week 2018 photo gallery

A big thank you to everyone who took part in Carers Week at the Carers Support Centre this year. From mini-massages and Tai Chi to poetry and international celebrations, there was plenty of variety! We were particularly encouraged to see so many new faces attending the Centre during the week. See highlights from our 2018 photo gallery below:



*Massage therapists
Alison & Laura provided
free mini-massages*



*The Tai Chi tasters were
very popular!*

*Whitgift Foundation
pledged to support
Croydon's carers*



Carers raised their singing voices for Carers Week



Two information days for carers of adults and parent carers



*Emotional poetry
readings from
carers*



*International
celebration with
Indian singing and
dancing fusion...*



*...followed by a delicious bring and share
international buffet*



Your voice

As part of Carers Week, the Carers Information Service launched a report on caring and loneliness in Croydon. Our research found that almost half of Croydon carers say they feel chronically lonely. Key issues raised by carers included a chronic need for adequate respite services for carers locally and a lack of understanding amongst professionals and the public. For further information, visit our website: www.carersinfo.org.uk/carer-conversations.

Update from Croydon Direct Payments Support Service

Contributor: Croydon Council

A direct payment is a payment from Croydon Council which allows people with care and support needs to arrange their own care and support. This could include funding a service or paying for a personal assistant.

To get a direct payment, you will need an assessment by a care manager, or social worker. Croydon Council will use the national eligibility framework to determine whether you are eligible for support to meet your assessed needs. To arrange an assessment, call Croydon Council on 020 8726 6000 ext 19509 or email referral.team2@croydon.gov.uk.

If you currently receive support from Croydon Council and wish to be transferred onto direct payments, you will need to discuss this with your care manager or social worker. If you do not have a care manager or social worker, please call the number above.

After an assessment, your care manager will refer you to the Direct Payment Support Service. The service will help you set up your direct payment and offer ongoing support with the following: recruitment of personal assistants, agency lists, payroll service information, employer's liability insurance, disclosure and barring service (DBS), employment contracts, budgeting, assistance with completing quarterly returns and quarterly User Groups.

The Direct Payment Support Service also offers services to people who fund their own care. This includes support with finding a personal assistant and the legal obligations of being an employer.

If you would like to find out more about direct payments, please contact Julie Turner on 020 8726 6000 ext 61925 or email direct.payments@croydon.gov.uk. You can also talk to a member of the Direct Payment Support Service team in person at the Carers Support Centre once a month on a Tuesday, 10.30am - 12.30pm. Turn to Dates for Your Diary on pages seven and eight for forthcoming dates.

45% of carers feel lonely most or all of the time.



53% of carers said further respite would reduce their isolation.



More encouragingly, 78% of carers who used the Carers Support Centre said the service reduced their loneliness.



'Even though you're going through hell, it's made a difference.'

The following carer's story is taken from *No One Should Have to Care Alone* report. Name has been changed to protect privacy.

Isabella is a full-time carer for her sister with a learning disability and a mental health problem. Her sister's needs can be very complex and she requires intensive care.

Isabella transitioned to being her sister's full-time carer last year and in order to make this shift, she decided to leave her job. 'It wasn't an easy choice. But I didn't want her to go into a care home.'

The biggest issue for Isabella is a lack of respite. The service her sister previously used was cut, and has not been replaced as she'd hoped. 'I just want to go to a few social events a year.'

The difficulties are still ongoing, but Isabella tries to remain hopeful. She has recently gained some limited respite support, and she intends to make the most of the little bit of 'me time' she gets.

Since coming to the Carers Support Centre, Isabella has felt the change: 'This place has been a godsend.' She's attended several workshops, finding them helpful and informative, and visits the Carers Café when she can.

Isabella recognises the benefits of meeting other carers at the Centre. 'Everyone is understanding and sympathetic. We're supporting one another' 'The Centre is 'crucial' for carers. Even though you're going through hell, it's made a difference.'

Raise your voice

Have you got a caring experience you'd like to share? Do you want to raise awareness of an issue that affects carers? Call 020 8649 6288 or email amydeakin@carersinfo.org.uk with your ideas and articles for the next edition of *Carers News*.

Dates for your diary

Health and Wellbeing Service

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, Wi-Fi, games, magazines and books. A laptop is also available for use.

NEW! Knit and Crochet in the Carers Café

Weekly on a Wednesday, 10.30am - 12.30pm

Drop-in and learn how to knit and/or crochet with a local carer.

Creative Dance Class

Weekly on a Friday except last Friday of the month, 10.30am - 11.30am

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



NEW! Dance Performance Group

Last Friday of the month, 10am - 11.30am

Following the Carers Dance Group's successful contribution to the Croydon Festival of Peace, professional dance teacher Anusha will run a monthly contemporary dance group for carers. The group will work together to create pieces and provide one to two public performances a year.

Carers Book Club

Monthly on a Wednesday, 11am - 12noon on: 1 August, 5 September and 3 October
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: 8 and 29 August; 12 and 26 September; 10 and 31 October

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 extremely popular and fill up quickly, so book as soon as possible. To book, call 020 8649 6280, or email enquiries@carersinfo.org.uk.

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.

LiveWell Croydon

Monthly on a Friday, 10.30am - 12.30pm on: 10 August and 14 September

Drop-in Health and Wellbeing advice and support from a LiveWell adviser. Get help to make small changes to your lifestyle and feel healthier and happier.

Massage for Carers

Fridays, 10.30am - 3.30pm on: 10 August, 14 and 17 September and 12 and 15 October
Relax and unwind with a 25 minute neck and shoulder massage.

In order to allow as many carers as possible to enjoy Pilates and Tai Chi, you can only book onto one of these activities per term. Priority will be given to carers who have not yet taken part in our exercise classes.

NEW! Tai Chi for Carers

Weekly on a Friday, 12noon - 1pm on: Friday 21 and 28 September; 5, 12, 19 and 26 October

Look after your health and wellbeing with this Tai Chi taster course. Sessions are booked in six week blocks. Please let us know of any health conditions when booking. If you book Pilates, you cannot book Tai Chi in the same term

(NEW TERM) Pilates for Carers

Weekly on a Monday, 1pm - 2pm and 2.15pm - 3.15pm on: 1, 8, 15 and 29 October; 5, 19 and 26 November; 3, 10 and 17 November (no August or September sessions)

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.

If you book Pilates, you cannot book Tai Chi in the same term

Advice and information

No need to book, just turn up.

Age UK Croydon Advice Services Croydon

Weekly on a Monday and Friday, 10am - 12.30pm (drop-in), 1pm - 4pm (appointments)

Advice and information from an Age UK Croydon Adviser during advertised times. Please note that Age UK Croydon is not based at the Carers Support Centre.

Disabled Parents and Carers Together (DPACT)

Weekly on a Monday and Tuesday, 1pm - 3pm; weekly on a Thursday, 1.30pm - 4pm
Advice, support, casework and advocacy for parents and carers who have a chronic illness or disability. Drop-ins welcome, but advisable to call 0800 689 7474 (leave a message and calls will be returned as soon as possible) to check availability.

Gateway Employment Workshops

Fortnightly on a Tuesday, 10.30am - 12.30pm on: 7 and 21 August; 4 and 18 September; 2 and 30 October

Drop-in employment advice provided by Gateway Employment for carers and former carers looking for full or part-time work. Can provide advice on CVs, skills and training.

Coffee with a Copper

Monthly on a Wednesday, 10.30am - 12.30pm on: 15 August; 19 September and 17 October

A chance for carers to meet and chat with a local police officer over a cup of tea/coffee in the Carers Café. Please note that sessions may be cancelled at short-notice due to police commitments.

SEN Drop-in

Weekly on a Friday, 10am - 12noon on: 7, 14, 21 and 28 September; 5, 12 and 19 October (no August sessions)

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

Stroke Association @ Carers Café

Monthly on a Thursday, 10.30am - 12.30pm on: 13 September; 11 October (no August session)

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

Direct Payments @ Carers Café

Monthly on a Tuesday, 10.30am-12.30pm on: 25 September and 30 October (no August session)

Drop-in advice from Croydon Council Direct Payments Team. Find out how the person you care for could receive a direct payment so that you and they can organise their own care. Advice about recruiting a PA and managing the responsibilities of being an employer.

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

BOOK NOW

Benefits Surgery

Weekly on a Wednesday, 2.30pm - 4pm
Weekly appointments for carers to discuss any benefits issues provided by the Croydon Welfare Rights Team. Offers a full benefits check and support with complex benefits issues.

Mental Health Carers Support

Fortnightly on a Thursday, 10.30am - 12noon on: 2, 16 and 30 August; 13 September; 11 and 25 October

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

Debt Clinic

Monthly on a Monday, 11am - 2pm on: 6 August, 3 September and 1 October

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 white goods or utility bill debt grant.

Legal Clinic

Monthly on a Thursday, 12noon - 3.30pm on: 30 August, 27 September and 25 October

30 minute appointment with a mental health accredited solicitor from Bison Solicitors. Can discuss the following legal areas: mental health, Court of Protection, Power of Attorney, mental capacity, clinical negligence, family law, SEN and immigration (but not asylum).

Carer support groups

Contact the organiser for details.

Carers Support Group

Monthly on a Wednesday, 2pm - 4pm on: 8 August, 12 September and 10 October
Provides emotional support to carers in a safe space. For more information, call Tanya on 020 8649 6280 or email tanyafitzgerald@carersinfo.org.uk.

Together Disabled Carers Group

Monthly on a Thursday, 1.30pm - 3.30pm on: 30 August, 27 September and 25 October
Find mutual support and raise awareness with the disabled carers group. For details, text Mandy Maddock on 07889 971 713 or email mandy@dpact.org.uk.

Diabetes Support Group

Monthly on a Monday, 9.30am - 11.30am on: 10 September and 8 October (no August session)

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

NAS Croydon Branch Support Group

Monthly on a Tuesday, 10am - 12noon on: 18 September and 16 October (no August session)

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

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

Switching and Saving

Tuesday 7 August, 10.30am - 11.30am
Find out how you could save money by switching energy and gas provider. Workshop run by South West London Law Centres.

Money Management and Budgeting

Tuesday 21 August, 10.30am - 11.30am
Get on top of your finances by learning simple budgeting skills. Workshop run by South West London Law Centres.

Planning for Emergencies

Thursday 6 September, 10.30am - 12.30pm
Do you know what would happen to the person you care for in an emergency? Plan ahead and give yourself greater peace of mind with our morning workshop.

Caring for More than One Person

Tuesday 25 September, 10.30am-12.30pm
Caring for more than one person can put a lot of stress on your time, health and wellbeing. Share experiences with fellow carers and find support in a safe space.

Fire Safety in the Home

Friday 1 November, 10.30am - 12.30pm
Learn how to protect your home from common fire risks with the London Fire Brigade.

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



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