

## Advice for Parent Carers

Call 020 8663 5608 or email [appointments@carersinfo.org.uk](mailto:appointments@carersinfo.org.uk) for more details on the following:

### Disabled Parents & Children Together (DPACT)

Tuesdays 1–3pm

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 to check availability

### Special Educational Needs (SEN)

Tuesday 3 May,  
10am—12 noon

Issues around Education, Health and Care (EHC) plans

With Family Lives Croydon

### Special Educational Needs (SEN)

Fridays 6, 13, 20 & 27 May,  
10am—12 noon

General SEN issues

With KIDS Croydon SENDIAS (Special Educational Needs and Disability Information Advice and Support) and Mediation Service

## Training & Information

Call 020 8649 6280 or email [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk) to book the following:

### IT Buddy

Alternate Wednesdays & Thursdays,  
10.30am - 12.30pm

Carers can bring in their own laptop, or use ours, and discuss any IT issues.

Please note we do not provide repairs.

Dates may vary so please check

### Managing Stress

Tuesday 10 May, 10am—3pm

Caring can be tough at times. Take back control with our free workshop on practical techniques to manage stress

### 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, and carers are welcome to drop in for information and advice on their caring role

In Partnership with:

Carers  
Support  
Centre



THE  
WHITGIFT  
FOUNDATION

**CROYDON**  
[www.croydon.gov.uk](http://www.croydon.gov.uk)

Carers  
Information  
Service

# What's On

## May 2016

Events are subject to change - call 020 8649 9339, option 1 or visit [www.carersinfo.org.uk](http://www.carersinfo.org.uk) for the most up to date information

**Carers Support Centre**  
24 George Street, Croydon CR0 1PB  
020 8649 9339, option 1  
[www.carersinfo.org.uk](http://www.carersinfo.org.uk)  
Open Mon - Fri, 10am - 4pm



## Health, Wellbeing & Social Activities

**Drop in activities—just turn up!**

### Carers Café

Monday to Friday, 10.30am—12.30pm  
*Drop in, relax, have a break and enjoy free refreshments*

### Alzheimer's Society in the Carers Café

Thursday 5 May,  
10.30am—12.30pm  
*Drop in and have a chat to a Dementia Adviser for information, advice and support*

### Carers Singing Group

Wednesday 4 & 18 May,  
11am—12.15pm  
*Sing your heart out – it's good for you!*

### Carers Book Club

Wednesday 11 May, 11am—12 noon  
*Discuss this month's great read with other carers*

### Family Fund in the Carers Café

Thursday 26 May,  
10.30am—12.30pm  
*Drop in and chat to a Family Fund Adviser on grants for a disabled child or young person*

### Craft & Chatter in the Carers Café

Friday 27 May, 11am—12.30pm  
*Bring along any craft activity or start some colouring (pictures and pens provided) and meet other carers.*

## Pre book activities

### Massage

Friday 13 May, 10.30am—3pm  
*Free 25 minute hand & arm or neck & shoulder massage*

### Ladies Who Lunch

Friday 27 May, 1pm—2pm  
*Enjoy lunch and catch up with friends old and new at our ladies' lunch club.*

**Call 020 8649 6280 or email [ruthlaws@carersinfo.org.uk](mailto:ruthlaws@carersinfo.org.uk) to book your place on these sessions**

## Support groups

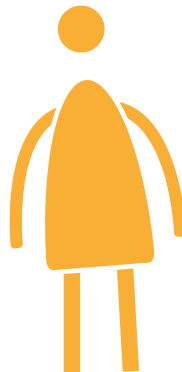
**Contact organiser for details**

### Diabetes Parent Support Group

Monday 16 May, 9.30am—11.30am  
*Monthly support group for parents of child/young person with diabetes. Email [marian.drennan@nhs.net](mailto:marian.drennan@nhs.net) for more information*

### National Autistic Society Parents

**Support Group**  
Tuesday 24 May,  
10am—12 noon  
*Information, advice, and support for parents of a child with ASC. Email [croydon8@nas.org.uk](mailto:croydon8@nas.org.uk) for more information*



## Advice Surgeries

**Pre book only advice surgeries—see green box for how to book**

### Legal Advice Surgery

Tuesday 3 May,  
12 noon—4pm  
*Access free legal advice appointments on any subject (except conveyancing, probate, power of attorney and wills)*

### Benefits Surgery

Wednesdays 4, 11, 18 & 25 May,  
2.30pm—4pm  
*Information and advice on any benefits issue for carers.*

### Debt Clinic

Monday 9 May, 11am—1pm  
*Hour long appointment with a South West London Law Centres (SWLLC) Thames Water Advisor on debt issues*

### Shelter Housing Advice Surgery

Wednesday 25 May,  
Appointments 1pm—2.30pm,  
drop-in 3pm—4pm  
*30 minute appointment with an advisor from Shelter for free advice on any aspect of housing*

### Mental Health Carers Advice Surgery

Thursday 26 May,  
10am—1pm  
*Appointments for carers of people with a mental health problem*

### Legal Clinic

Monthly on a Thursday, 12-3.30pm on: 26 May  
*30 minute appointment with a solicitor on any the following areas of law: mental health, court of protection, power of attorney, mental capacity, clinical negligence, family law and immigration (but not asylum)*

### Drug & Alcohol Advice

Tuesday 31 May,  
10am – 1pm  
*Hour long appointment with a Turning Point advisor, for family members and concerned others who are affected by alcohol or drug use of a relative or friend*

**Call 020 8663 5608 and leave a message, or email [appointments@carersinfo.org.uk](mailto:appointments@carersinfo.org.uk) to book an appointment for any of the above advice surgeries**

