|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [View this email in your browser](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmailchi.mp%2F49b2e3ca9331%2Fkqlgll494h-5687857%3Fe%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137686690%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=jdlesepsPQlVq0iXGNi%2Bfo%2BxTitg77vDa4dzNh6fU2c%3D&reserved=0) | | | | | |  |  | | --- | --- | | |  | | --- | |  | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Welcome to the July Bulletin!**  We are very excited to share some interesting and exciting new events we have planned for you! All our events are free for carers.  The Carers Information Service provides advice, information, and support to carers in Croydon who are looking after someone who needs their help to due to illness, disability or old age.  The Advice Desk at the Carers Support Centre is open 10am – 1pm on Mondays, Tuesdays, Wednesdays, and Fridays, for carers to drop-in & get advice from our experienced Advice workers.  You can also contact us by calling 020 8649 9339 (opt 1) to speak to one of our friendly team. If we are busy helping other carers you can leave a message or send us an email to [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk). One of our advice workers will get back to you ASAP.  For more information on the Carers Information Service follow our Social Media accounts:  [Twitter](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D818653df16%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137699639%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=tErOhoUJVJYzfAMsG8LCIdwlMDhpnn8ujMC1SYF6%2FGs%3D&reserved=0) [Facebook](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3Dc218033949%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137708558%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=LtiYnv9BwY89C02n0azYVKeNZPiFxzObdPUgvmZrKsk%3D&reserved=0) [Instagram](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3De0409dc846%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137715099%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=FCDz1xr2lBBG2WnOpOBvc%2FS03pWV4LLeLlI8yqW4nSg%3D&reserved=0) [LinkedIn](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D35520bd89f%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137721230%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=C73xQOXOaWBbC%2F7UpMGKf9ymZ80m7vXTXACQlcuX0d4%3D&reserved=0) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Carers Café** *Come and join us!*  We are open from 10.30am to 12.30pm on Mondays, Wednesdays and Fridays.  Come and enjoy a free drink and chat with other carers and our café volunteers. Carers deserve a break, and this is the place you can relax with other carers who understand what you are going through.  Find us at: 📍Carers Support Centre, 24 George Street, CR0 1PB | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Choir Group** *Join our friendly Carers Support Centre Choir!*   Held on the **second & last Wednesday** of the month from 10.30am to 11.45am. These are drop-in sessions, no need to book- just sign in at the Advice desk!  Enjoy an uplifting and rejuvenating singing session to help you relax and give you a break from your caring role.         📆 10th July                         🕰️  10.30am - 11.45am        📆 31st July        📍 Carers Support Centre, 24 George Street, Croydon CR0 1PB  *All voices welcome! Sessions are taught by our choral expert, Katie Rose.* | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | | **Bodyfit Classes**  *Join our* ***online*** *Bodyfit Classes, every* ***Tuesday*** *of the month!*  Led by a fitness instructor, you can engage in various exercises, such as cardio, strength training, or flexibility work, to improve your overall fitness levels. 🏋️‍♀️💪        📆 2nd July                         🕰️   10.30am - 11.15am       📆 9th July                          📍   Online       📆 16th July       📆 23th July       📆 30th July  For details on how to join, please contact us at:        📞 020 8649 9339 (opt 1)        📧 [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Bereavement Support Group** *The death of the person you care for can be an extremely difficult time. You may experience powerful emotions or feel a sense of numbness, loneliness, isolation or despair.*  Our monthly Carers Bereavement support drop-in is held on the **second Tuesday** of every month, 2.30-4pm and is a place where you can be with others who understand what you are going through.        📆 9th July               🕰️  2.30pm - 4.00pm       📍  Carers Support Centre, 24 George Street, Croydon CR0 1PB  For details on how to join, please contact us at:        📞 020 8649 9339 (opt 1)        📧 [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Dementia Peer Support Group** *Are you caring for someone with dementia?*  You are warmly invited to a monthly gathering of dementia carers to share information, advice and experience and find mutual support and friendship. Running every **third Tuesday** of the month, from 2.30pm to 4.00pm, in person at the Carers Support Centre.  Next session:       📆 16th July       🕰️  2.30pm - 4.00pm       📍  Carers Support Centre, 24 George Street, Croydon CR0 1PB  To book a place, please contact us at:       📞  020 8649 9339 (opt 1)       📧 [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Croydon Carers Writers Group** *If you're interested in creative writing or trying something new, come along to our Writing Group!*  The group is suitable for beginners and improvers who'd like to develop their writing skills or find some space to write in a supportive environment.  Running every **third Monday** of the month, from 1.30pm to 3.00pm, in person at the Carers Support Centre.  Next session:       📆 15th July                🕰️ 1.30pm - 3.00pm       📍  Carers Support Centre, 24 George Street, Croydon CR0 1PB  To book a place, please contact us at:       📞  020 8649 9339 (opt 1)       📧 [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk) | | | | |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ***Also happening ...*** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Red Cross First Aid Training *(Online)*** Why Attend?   * ***Expert Training:*** Led by certified Red Cross instructors. * ***Hands-On Experience***: Practical skills you can use immediately. * ***Certification***: Receive an official Red Cross certification upon completion.   This month:       📆 10th July       🕰️ 10.00am - 11.30am       📍 Online  To book a space, please go to the following [link](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3Dfc5c9cfa5e%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137727225%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=RW7zcVQAkfLM%2FYqm8zSauZpPcp%2BdVVHSpUrc6H4DbVE%3D&reserved=0), or contact [hello@integratedcaresupport.com](mailto:hello@integratedcaresupport.com). | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **David Lean Cinema- Carers Café** The David Lean cinema, in collaboration with The Carers Information Service, is holding a carers event to introduce carers to the cinema.   The event will give carers and those living with dementia the opportunity to visit the cinema, and familiarise themselves with the venue, i.e. cinema, bar, access, seating, toilets, etc. There will also be information and staff from the Carers Information Service, who will be able to give you information on services.         📆 12th July        📍  David Lean Cinema, Croydon Clocktower, Croydon CR9 1ET        🕰️  11.00am - 12.00pm  No booking is needed. For any questions, please contact Andy Howe at:        📞 07736 148452        📧  [andyrhowe@googlemail.com](mailto:andyrhowe@googlemail.com) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **SWLLLC: Cost of Living Advice Surgery** Need help or advice navigating the current cost of living crisis? The South West London Law Centres have appointments open every **third Monday** of the month, by appointment.  This month:       📆 15th July        📍  Carers Support Centre, 24 George Street, Croydon CR0 1PB  To book an appointment please contact us at:        📞 020 8649 9339 (opt 1)        📧  [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Croydon Sendiass Drop-in Service** Croydon SENDIAS service offer independent, impartial, confidential, and free of charge legal advice and support for young people (YP) and families who have children/YP with Special Educational Needs and/or Disability (SEND).  Come along to the consultation sessions (session lasts up to 20 minutes) on the following dates:       📆 2nd, 9th, 16th, 23rd July       🕰️ 10am – 12pm  Location 📍Carers Support Centre, 24 George Street, CR0 1PB | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **MIND Drop-In Service** We are pleased to introduce Annette, a Carers Support Worker from Mind Croydon. Annette will be available for informal chats with carers in the café during our drop-in sessions.  Please note that we are not providing space for 1:1 sessions at this time.        📆 29th July                🕰️ 10.30am - 12.30pm       📍  Carers Support Centre, 24 George Street, Croydon CR0 1PB | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | [Twitter](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D7134185a95%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137733626%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ie%2FLuDzhupFXaXJk3MpHl6mFBfz6YvU4rKMWYV7xXNo%3D&reserved=0) | | |  | | --- | | [Facebook](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D4beb85f339%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137740074%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=HiL0vsOREAbSGp%2Bi%2Bk3iGSbfhu12F3z%2BNoXlhOzIvFo%3D&reserved=0) | | |  | | --- | | [Website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3Df1ff230322%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137746237%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JeBLvvp1QDjjuqaHjPgRx5Um4EqI31NhUQB%2FkhofoJI%3D&reserved=0) | | |  | | --- | | [LinkedIn](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D0dd023329b%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137751900%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=QwB7yuZrCoC1Yclm7yOiWD0KIp1qNw%2BvEk2K%2FvG3WGU%3D&reserved=0) | | |  | | --- | | [Instagram](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D5f58c7a2ee%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137757376%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=mpv6ZNIGnd8HeEy4gVnQ32QnJvRKRw3WlcYMM03gpbo%3D&reserved=0) | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | *Copyright © John Whitgift Foundation, All rights reserved.*   Want to change how you receive these emails? You can [update your preferences](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Fprofile%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D6ec6e88469%26e%3Dadd56bfc38%26c%3D53ce35d060&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137762952%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=J03Zu5SJA80rPHaKqgyQwHenpLQC1u7Ozmxid8zS2Xc%3D&reserved=0) or [unsubscribe from this list](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Funsubscribe%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D6ec6e88469%26t%3Db%26e%3Dadd56bfc38%26c%3D53ce35d060&data=05%7C02%7CPauline.Copeman%40nhs.net%7Cb716f0100d2f40d135b708dc97983163%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638551927137768430%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2FbYtSsdI8LdrH97X6sCEUtIuL7jXpSAuOun1vlZPPUo%3D&reserved=0). | | | | |