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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 and receive 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%3Da87e690c6d%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392330527%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=KYxdj9auWajLoMJ1tLs%2B146mv3Ov06PzDs0YNmVIlCY%3D&reserved=0) [Facebook](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3Da4a67ee0ef%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392340885%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Kq7BppkKIMD7KD1942WtFgOCMEjzA%2FzkBQsBLml8X%2B4%3D&reserved=0) [Instagram](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D01166ebdf0%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392348996%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=UXmHlC3A3VWmNiMYzZHKRsNW32qaJN0BOG%2FS7JlYMHc%3D&reserved=0) [LinkedIn](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3Deddd0c0887%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392357958%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=uUUF9O3pONhNpJZkeAr6bnL0YUH2RBg80Z2itez1Mfo%3D&reserved=0) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **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.         📆 14th August                 🕰️  10.30am - 11.45am        📆 28th August        📍 Carers Support Centre, 24 George Street, Croydon CR0 1PB  *All voices welcome! Sessions are taught by our choral expert, Katie Rose.* | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **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:       📆  20th August       🕰️  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) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **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.  Although there will not be a session in the month of August, the next session will be in September.        📆 10th September       🕰️  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) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Coffee with a Councillor** Carers are welcome to come along to our café to meet your local councillor Margaret Bird, Deputy Cabinet member for Adult Social Care and Health.          📆 19th August                📆 16th September        🕰️  11.30am - 12.30pm        📍  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) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | | **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. 🏋️‍♀️💪        📆 6th August                    🕰️   10.30am - 11.15am       📆 13th August                  📍   Online       📆 20th August       📆 27th August  For details on how to join, please contact us at:        📞 020 8649 9339 (opt 1)        📧 [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk) | | | | | |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ***Also happening ...*** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Brigstock Road Community Hub** Every Monday of the month at Brigstock Road you can find regular support and information services as well as organisations and social activities!  The Community Hub will be supported this week by**DWP Benefits Advice**, **Age UK Croydon (Information & Advice Service)**, **Emmaus SLC** and **ABCD Best-Start Community Builder** and **Learning Disability Alliance**.   Next hub takes place on:        📆 5th August        🕰️ 10.00am - 1.00pm        📍  Scratchley Hall, 81 Brigstock Road, Thornton Heath CR7 7JH  For any questions, please contact the Community Hub Team on:        📞  [020 8684 3784](tel:02086843784)        📧  [communityhub@arccltd.com](mailto:communityhub@arccltd.com) | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | | **Intergenerational Dementia Café** Join us for an afternoon of connection, support, SALSA session and community, as we come together to share experiences and enjoy meaningful activities. Your presence would make the event even more special.        📆 6th August        🕰️ 1.30pm - 3.30pm        📍  Coulsdon Methodist Church, 83 Brighton Rd, Coulsdon CR5 2BE  To book an appointment please Liz Goumas on:        📞  07706 639559        📧  [events@msfoundation.co.uk](mailto:events@msfoundation.co.uk) | | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **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:       📆 19th August        📍  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) | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **MIND Drop-In** Our colleague Annette, a Carers Support Worker from Mind Croydon, will be available for informal chats with carers in the café during our drop-in sessions.  These drop-in sessions will be taking place on the last Monday of the month, however due to the Bank Holiday on the 26th August, the **next session will take place on the 2nd September.**  Please note that we are not providing space for 1:1 sessions at this time.        📆 2nd September       🕰️ 10.30am - 12.30pm       📍  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) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | [Twitter](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D2d639f8a67%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392365135%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2ByLiFGpKug8XkNbC0NhnssWbsc%2FC31z7ec71uzSLRvA%3D&reserved=0) | | |  | | --- | | [Facebook](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D38f79544ab%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392372752%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=pZE4XxkNZNaNQM33AnnyOY%2Bl0iJ9jGgwTQ6Bp8kKseY%3D&reserved=0) | | |  | | --- | | [Website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3Dd6f5ba14ae%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392381054%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=k%2FZ9hI3yq5Un2JqqXdeLwvLUGE%2FTHI4s690l6cqjxBQ%3D&reserved=0) | | |  | | --- | | [LinkedIn](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D5781e9b54a%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392388678%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=RIr1I3jB32fNBU04ZPJqAbbp%2FSFzJ%2FgcgBP7eJFIyng%3D&reserved=0) | | |  | | --- | | [Instagram](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnwhitgiftfoundation.us3.list-manage.com%2Ftrack%2Fclick%3Fu%3D483c32c691ecc28c1fc85de47%26id%3D9b58647f15%26e%3Dadd56bfc38&data=05%7C02%7CPauline.Copeman%40nhs.net%7C5b28ce106292469b805208dcb30c3e75%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638582112392395362%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=w1YWsHiTKN1TjAjFIaft55U5%2F%2FqnsCqSALlfOouQywY%3D&reserved=0) | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | |