

Carers Brochure

From Croydon Mencap's Family Advocacy Support Team

2024 - 2025



With thanks for
funding from:

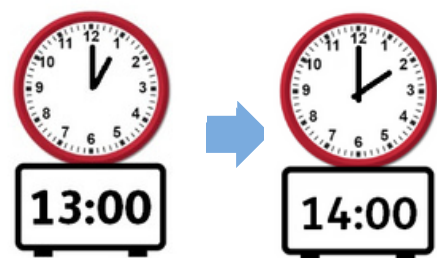
CROYDON
www.croydon.gov.uk



Part 1: Training, workshops and information sessions

Part 2: Respite Events

If you care, unpaid, for a friend or family member in Croydon who has a learning disability and/or autism, you are very welcome to take advantage of the training and respite described in the following pages



Our new online AI social care tool, in partnership with Access Social Care!

If you missed this session, visit
<https://youtu.be/endjMt-VsNo> for more info!
Available on our website



Join us online to hear about the new AI-driven service on Croydon Mencap Website which prioritises a person-centred approach to equip you with the knowledge and tools needed to make right-first-time decisions and know your legal rights around health and social care. This service will provide you with template letters to support your case and will support you to navigate the complexities of accessing health and social care with ease, speed and confidence.

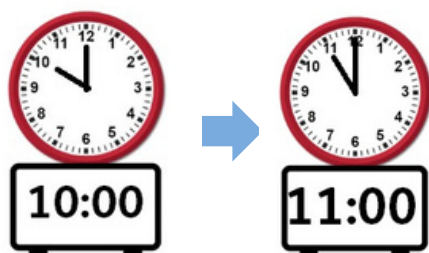


<https://www.accesscharity.org.uk/accessav>
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<https://youtu.be/endjMt-VsNo>
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Decision Making - Deputyship



Croydon Mencap welcomes Renaissance Legal for a free webinar and Q + A afterwards

Online via Zoom - Contact Dee to book:
info@croydonmencap.org.uk

If you are a parent or carer of a child or young person who may not be able to make decisions about their welfare and finances now or in the future, you will need to consider the best ways to protect them as they move in to adulthood. Renaissance Legal's leading expert Phillip Warford will talk through who can make decisions on behalf of another person, the key principles of the Mental Capacity Act 2005, who can make Powers of Attorney and how the Court of Protection might help.

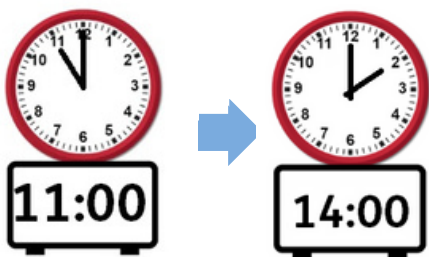


Care Act 2014

Sept
2024

Thursday

26



Care Act 2014 workshop - skills and knowledge to navigate the act and support transition to adult social care

Online via Zoom - Contact Dee to book:
info@croydonmencap.org.uk

- Understand the Care Act 2014 and its significance to you as a parent carer.
- Discover how personal assistants can provide tailored support and how to hire them.
- Understand your rights as a main carer and how to advocate for your child's best interests.
- Navigate the carers' assessment process and find available support.
- Gain strategies for self-care and building a strong support network.

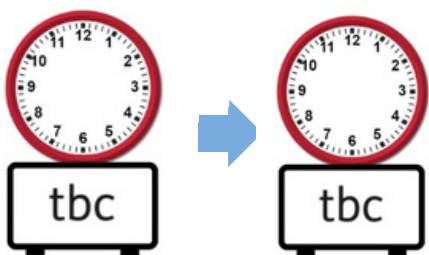


Makaton

Oct
2024

Tuesday

15



Makaton Taster Session

In person, venue tbc. Contact Dee to book or register your interest:
info@croydonmencap.org.uk



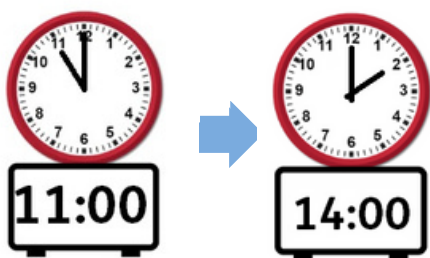
Croydon Mencap welcomes Katie from Keep Signing. She will deliver a fun taster session aimed at parents, carers and adults with learning disabilities who may want to learn to use Makaton to communicate. We will cover around 40 signs and the session can be personalised, so let us know what sort of signs you'd like to learn!

Self Advocacy

Nov
2024

Monday

4



Speak Up and Be Heard!

Online via Zoom - Contact Dee to book:
info@croydonmencap.org.uk

Empower yourself as a carer with our "Self-Advocacy for Carers" workshop. Learn to Effectively communicate your needs, understand your rights, and access vital resources. This transformative session will equip you with the tools to confidently navigate professional meetings, set healthy boundaries, and prioritise self-care, ensuring your voice is heard and your well-being is maintained in your crucial role as a carer. Facilitated by Tansy Muller, Family Advocacy & Support Worker for Croydon Mencap

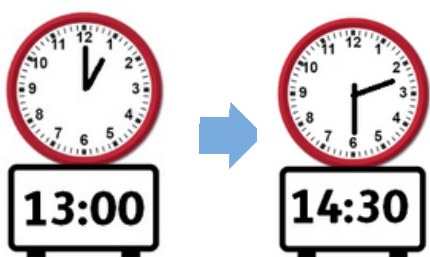


Autism Myth Busting

Nov
2024

Monday

11



Get the facts about autism

Online via Zoom - Contact Emily to
book: emily@croydonmencap.org.uk

Croydon Council's Autism Inclusion Lead Kevin Oakhill will join us for a session on Autism Myth Busting to help explain what is fact and what is fiction. Kevin is also autistic himself and a Croydon resident.

There will also be an AMA – ask me anything – Q and A – anything you would like to know about autism, what it's like to be autistic, etc, please don't be afraid to ask! This is a safe space where no question is a silly one!

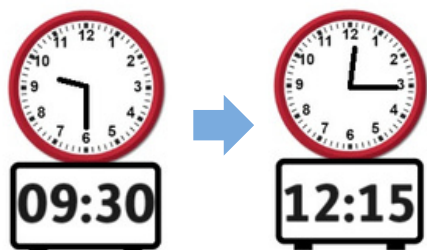


Early Positive Approaches To Support

Oct-Dec
2024

Wednesday

varies



An 8-session course for parent/carers of children with additional needs (diagnosis not needed), aged 18months - before their 7th birthday

Woodlands Children's Centre, Selsdon, CR2 8HD

E-PATs is an 8-session group programme for families that is designed and run by families and professionals working together.

We want to find out if E-PATs helps parents and carers of children with additional developmental needs.

This is a randomised study, which means families will be selected by chance (like tossing a coin) to either attend an E-PATs group now or in 12 months' time.

Parents can receive up to £60 worth of vouchers for completing questionnaires.

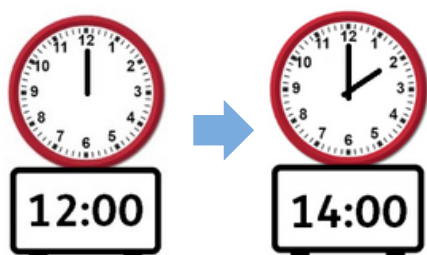
To find out more contact training@croydonmencap.org.uk - or - LSSJEarlySupportRCT@Kent.ac.uk

Guardians of the Internet!

Dec
2024

Monday

2



How to help you and your child stay safe online

**Online via Zoom - Contact Dee to book:
info@croydonmencap.org.uk**

Worried about your child's online activity? Learn the difference between trolling and cyberbullying, understand the apps your child uses, learn how to avoid scammers and phishers. All this and lots more in a plain and understandable session delivered by Family Advocacy Support Worker, Tansy and Croydon Mencap's IT lead Emily.

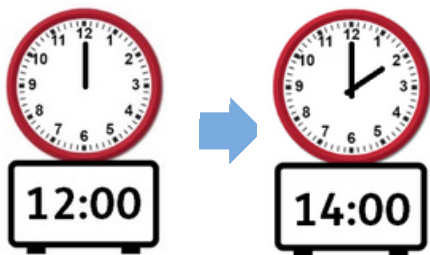


Parenting Autistic Children

Feb
2025

Thursday

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Embracing Autism, Empowering Families

Online via Zoom - Contact Dee to book:
info@croydonmencap.org.uk

"Embracing Autism, Empowering Families" is a 2-hour interactive workshop for parents of autistic children. Gain practical strategies and expert insights to understand and support your child's unique needs. Learn effective communication techniques, create autism-friendly environments, and connect with other parents. Leave feeling more confident and equipped to embrace the joys and challenges of autism parenting.

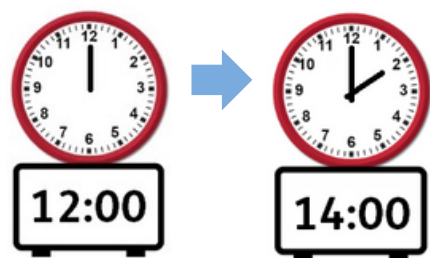


Managing Stress as a Carer

Mar
2025

Monday

10



Find Calm in the Chaos: Empowering Carers to Thrive

Online via Zoom - Contact Dee to book:
info@croydonmencap.org.uk

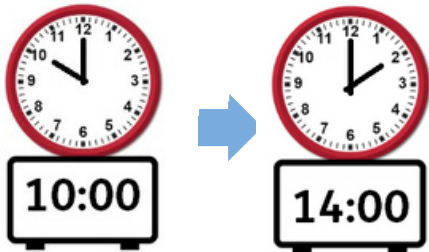
This interactive, two-hour workshop is designed to equip parents and carers of children with disabilities and/or autism with practical strategies and tools to effectively manage stress and prevent burnout, enhancing your overall well-being and ability to care for your children and yourself.



Ongoing Respite

Strictly Come Walking

Every
Saturday



Walking group for people with learning disabilities and their carers

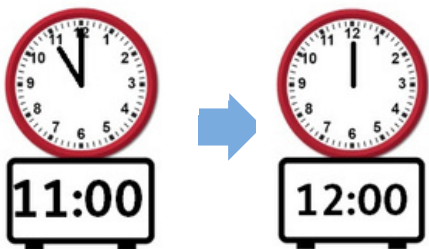
Various meeting points, email emily@croydonmencap.org.uk for a brochure

This group is a great opportunity to get your step count in whilst connecting with other carers. The group is a mixture of people with learning disabilities, Croydon Mencap staff and carers. We go to a different local park each week, decided by our members.



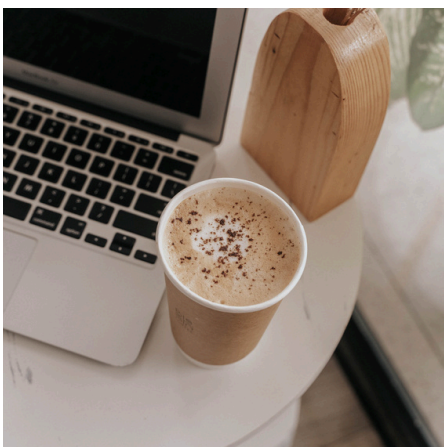
Croydon Mencap Elevenses

Every
Thursday



Online drop in - a chat and a cuppa!

Zoom, online. Email info@croydonmencap.org.uk for the link



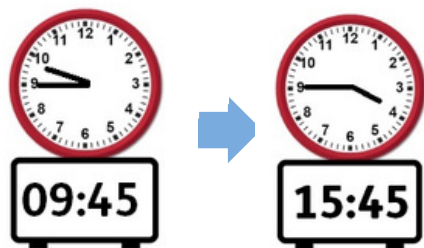
Elevenses is a weekly online drop in for carers and adults with a learning disability, run by Croydon Mencap. You are welcome to chat with old friends and meet new ones. Drop in between 11 am and 12 midday to say hello!

Kingston Coach Trip

Sept
2024

Thursday

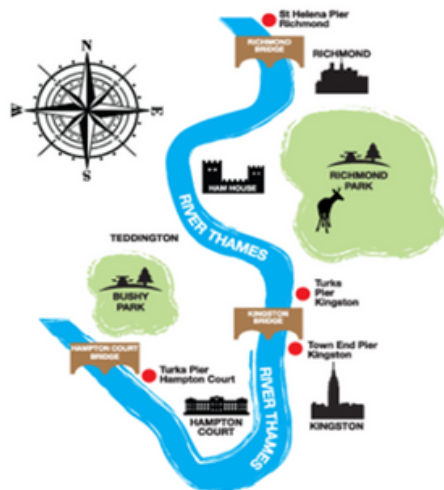
5



Carers Respite Day

Contact Dee to book: info@croydonmencap.org.uk - limited places!

We will be visiting beautiful Kingston and going on a boat trip together!



A coach will pick us up from Fairfield Halls at 9.45am, travelling to Kingston (Turks Pier) with our journey starting at 11am. We will arrive at St Helen's Pier Richmond at 12pm, please either bring a packed lunch or you can eat at nearby cafés/restaurants.

The boat back is at 2pm return with the coach back to Fairfield arriving at approx 3:45pm

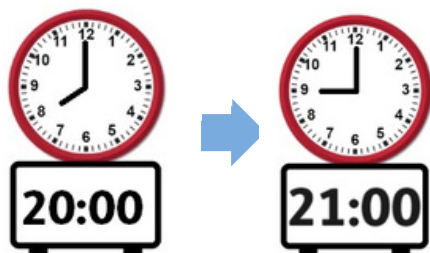
Guided Meditation/relaxation

Oct
2024

Mondays

7th, 14th
& 21st

October 7th, 14th and 21st October at 8pm (1-hour sessions)



A Peaceful Space to Recharge & Find Inner Calm

Online via Zoom - Contact Dee to book: info@croydonmencap.org.uk

Join us to take a well-deserved hour for yourself, unwind, and rejuvenate your mind and spirit from the comfort of your own home. Your well-being is essential to the care you provide.



- Stress Relief: Experience deep relaxation, helping you manage the stress and pressures of caring.
- Emotional Balance: Each session will allow you to cultivate emotional resilience, enhancing your ability to cope with challenging situations.
- Mental Clarity: Clear your mind from the constant worries and develop a more focused, positive outlook.

Ruxley Manor

Nov
2024

Thursday

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Christmas at Ruxley Manor

Meet Fairfield Halls 10am, leaving Ruxley manor at 3pm.
Contact Dee to book: info@croydonmencap.org.uk

Join us to visit this fantastic garden centre, get some Christmas shopping done and relax and chat with fellow carers. This event is a break for carers, for you to switch off and have a break from your caring role.

Ruxley Manor is more than just a garden centre – we also have everything you need for inside your home too! Our Lifestyle and Leisure Department is our largest area in the Garden Centre and offers everything from cookware and kitchen products to toys and games for the children.

This year our Christmas Department has an area full of deliciously festive seasonal food! Whether you're looking for gift ideas, stocking fillers or simply a treat for yourself .. there is something for everyone.



Carers Christmas Lunch

Dec
2024

Thursday

5



At the lovely Toby Carvery!

415 Brighton Rd, South Croydon CR2 6ES.
Contact Dee to book:
info@croydonmencap.org.uk

Time for a traditional Christmas meal featuring Toby carvery's famous Yorkshire Puddings!

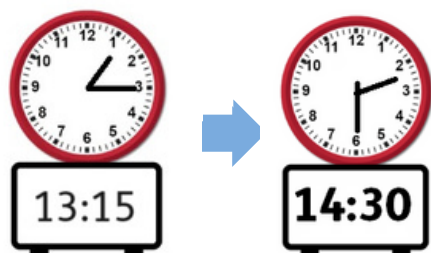


Christmas Carol Service

Dec
2024

Thursday

12



Join us for our wonderful and uplifting annual Christmas Carol service!

**St Michaels and All Angels with St James,
7 Poplar Walk, Croydon CR0 1UA. Contact
Dee to book: info@croydonmencap.org.uk**

Celebrate Christmas in a traditional way with our members and staff. Lots of beautiful carols and readings with mince pies and refreshments after the service.

Please contact sue@croydonmencap.org.uk for any further details.

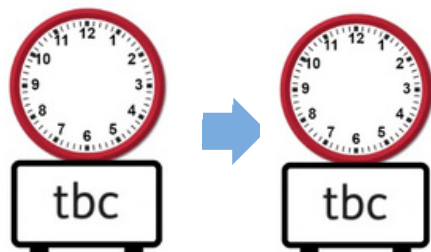


Clay session

Feb
2025

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Details coming soon!

Details coming soon

No details yet but feel free to enquire. We will bring you details as soon as we know anything.

Contact Dee to book:
info@croydonmencap.org.uk

