

Carers Brochure

From Croydon Mencap's Carers Support Service

July 2025 - March 2026



With thanks for
funding from:

CROYDON
www.croydon.gov.uk



Part 1: Training, workshops and information sessions

Part 2: Respite

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

Registration



To register for these sessions or any of our carers support services, use the QR Code below or email info@croydonmencap.org.uk for a form. There is also more information on our website:

<https://www.croydonmencap.org.uk/support/parent-carers/>



Training and Workshops

Wed 10th September

Siblings: Talking About the Future

Mon 15th September

Understanding Autism

Thurs 2nd October

A Carers Journey: There is Hope!

Wed 16th October

Makaton Taster

Tues 18th November

Siblings: Challenging Behaviour

Tues 15th January

Person Centred Planning

Tues 3rd February

Understanding Autism

Thurs 10th Feb

Makaton Taster

tbc

Planning For the Future: Wills and Legal

tbc

ADHD and AuDHD Session

Respite

Ongoing Thurs 11-12

Elevenes

Monday 8th September

ParkBathe at MHA

Thurs 18th September

Clay workshop

Sun 21st September

Cultural Connect

Sat 18th October

Pamper Day

Mon 23rd October

Guided Meditation

Mon 3rd November

Guided Meditation

Mon 10th November

Guided Meditation

Thurs 20th November

Polhill Garden Centre

Thurs 27th November

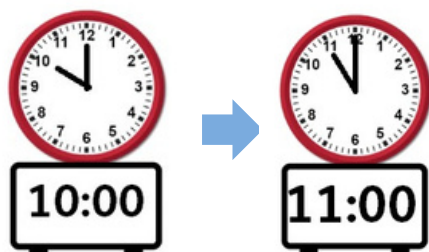
Pamper Evening

Thurs 4th December

Christmas Meal

tbc

More to come!



Talking about the future with siblings workshop

Online via Zoom



As a parent one of the hardest things to think about is what is going to happen in the future



This is particularly the case if your child who is disabled or has additional needs requires a lot of support and care from others. Young siblings may already be starting to think about the future or ask questions.

This workshop will help you think about how you can talk to your sibling child about the future.

What participants will gain:

- Insight into siblings' needs and concerns
- Practical ideas for making plans
- Further sources of information

Sibs

For brothers and sisters
of disabled children and adults



Contact Dee to book

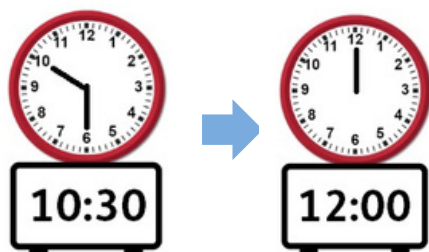


020 8684 5890



info@croydonmencap.org.uk

Understanding Autism



To help you support a loved one with Kevin Oakhill, Autism Inclusion Lead at Croydon Council

Online via Zoom



Croydon Council's Autism Inclusion Lead Kevin Oakhill will join us for an Understanding Autism to support a loved one session. Kevin can help you better understand your autistic loved one. He has worked extensively with autistic children and adults in a number of settings including schools, colleges and charities and learned a lot along the way! Kevin is a Croydon resident and autistic himself, as is his wife so he can talk from personal as well as professional experience.

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!

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Contact Emily to book

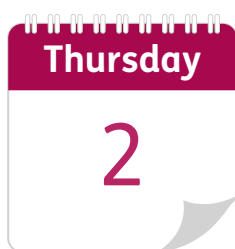
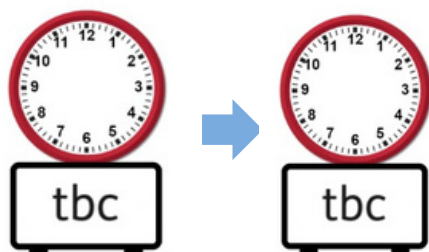


07784 979 340



emily@croydonmencap.org.uk

A Carers Journey: There is Hope!



Nicky Selwyn is mum to 2 autistic adults, one with LD. She herself is also autistic, & bipolar. She's been volunteering with Croydon Adult Social Care for more than 20 years, & runs a peer support group for family carers of autistic adults. She sits on the LD Partnership Board & co-chairs the Autism Partnership Board.

Online via Zoom

Nicky will cover the following and there will be plenty of time for questions:



- From then to now
- Expectations present & future. Setting boundaries, challenging gently...what are reasonable adjustments within the family?
- Preparing for the “real world”
- Personality, environment - more than a label
- The power of YOU....you are the expert.
- Caring for you - not selfish, you owe it to your loved one(s). Power of peers
- Share the knowledge - health passport, communication, 1-page plan
- Letting go



Contact Emily to book

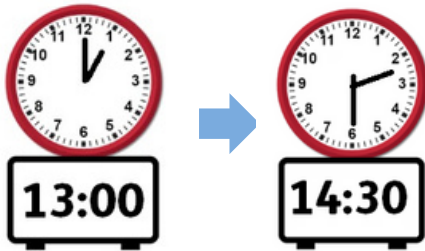


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Makaton Taster Session



Oct
2025

Wednesday
16



To help you communicate with your loved one

In person, venue tbc but likely Addiscombe

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!

'Keep Signing' was founded in 2022 by Katie after successfully qualifying as a Makaton Tutor. Katie has worked in the entertainment industry for many years and realised while on contract at Chessington World of Adventures in 2017, that she wasn't able to communicate with all the guests. After some research, Katie realised Makaton may be the answer!



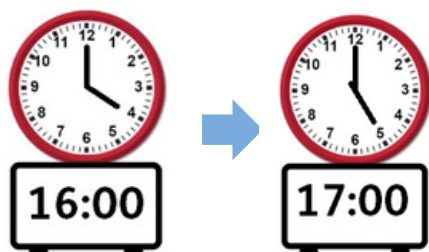
Contact Emily to book



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Helping siblings of children with behaviour that can challenge

Online via Zoom

This workshop is for parents of disabled children who would like to learn more about managing the relationship between siblings. The focus of the workshop will be on supporting siblings and it aims to help parents identify the difficulties for siblings whose brother or sister displays behaviour which challenges.

What participants will gain:

- how to spot if your sibling child is having difficulty coping
- What you can do as a parent to support your sibling child
- Ideas for making plans and keeping siblings safe

Sibs

For brothers and sisters
of disabled children and adults



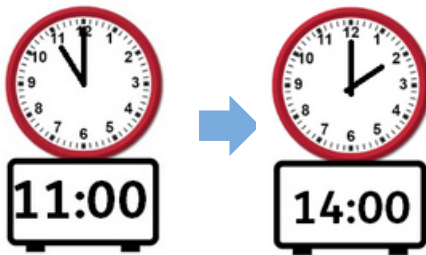
Contact Dee to book



020 8684 5890



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Person centred planning workshop with Tansy

Online via Zoom

Why Person-Centred Planning Matters – and What You'll Gain from attending this workshop
Person-centred planning is a powerful approach that puts your child at the heart of every decision, focusing on their unique strengths, dreams, and needs. It moves away from a one-size-fits-all mindset and empowers families to shape a future that truly reflects who their child is.

In this workshop, you'll discover practical tools and strategies to use with professionals—helping you advocate more effectively, plan with confidence, and ensure your child lives the life they want, with the right support in place.

Whether you're new to the concept or looking to deepen your understanding, this session will leave you feeling informed, inspired, and ready to take action.



Contact Dee to book

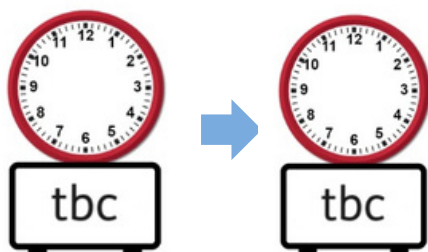


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To help you support a loved one with Kevin Oakhill, Autism Inclusion Lead at Croydon Council

In person, Addiscombe, Venue TBC

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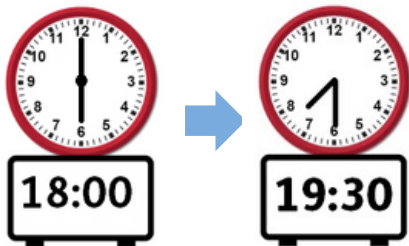


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Makaton Taster Session



To help you communicate with your loved one

Online Zoom, Emily will email you the link the day before

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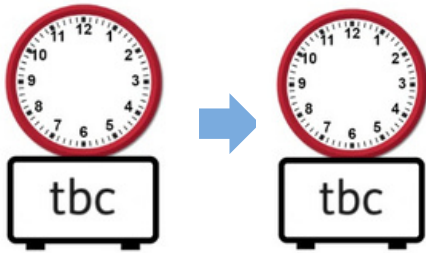


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Planning for the Future



Renaissance Legal and Royal Mencap present: Planning For the Future: with Wills and Trusts Webinar

Online

On Thursday 28 August, the UK's leading learning disability charity Mencap will be hosting a Planning for the Future webinar via Zoom. Stuart Price will provide information on how families and carers can ensure that someone with a learning disability is taken care of when they are no longer around, using carefully prepared Wills and Trusts. Following the presentation there will be a live Q&A session with Stuart to cover any specific queries relating to Wills and Trusts for disabled and vulnerable people.

Topics explored:

- How you can protect a disabled person using Wills and Trusts
- The choice of Executors and Trustees
- The role of a Letters of Wishes
- Making Gifts in a Will
- When to set up a Trust
- How to protect means tested benefits



Contact Emily to book



07784 979 340



emily@croydonmencap.org.uk

Park Bathe at The Wilderness



Join us for a short mindful stroll at MHA The Wilderness for a calming "forest bathing session"



**MHA The Wilderness, 17 Shirley Church Road
Croydon CR9 5AL**



ParkBathe is a citizen-science project providing mindful walks and nature connection as a means to improve the health and wellbeing of people who might not normally engage in wellness activities.

ParkBathe uses secular aspects of forest bathing, forest school and mindfulness and is simply walking slowly in a local green space whilst noticing our surroundings (no water is involved!) The 45 mins guided sessions consist of small groups guided by a ParkBathe walk leader. This walk is suitable for people with dementia and those with low mobility and wheelchair users. Carers and family members are welcome too.



Contact Dee to book

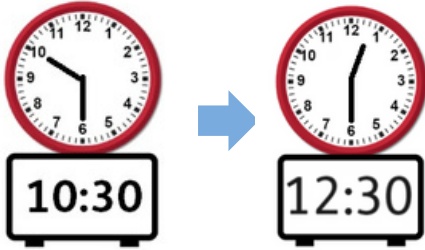


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Clay Workshop



**Join us for a relaxing few hours with
Norman Mine's Clay Workshop**



Venue tbc



Come to connect, create, and have a go
— no experience needed

Whether you're building a pot or just
playing with clay, you're welcome here

Messy hands, calm minds, warm
company



Contact Dee to book



020 8684 5890



info@croydonmencap.org.uk

Cultural Connect Food Event



**Come together with
fellow carers and
share food and stories**



**Sept
2025**

Sunday

21

**Croydon Mencap, 60-61 Leslie Park Road,
CR0 6TP**

Every Dish Has A Story

Our food, our stories, our power.
Cultural carers bring dishes
shaped by those they cared for.
Living proof that love, culture,
and resilience are passed down
through every shared meal.
Bring your dish and your story!

This event is free, just bring yourself, your dish and your story. Limited places so please book.

Malcolm from Dignitate will facilitate and Croydon Mencap staff will be around to serve and wash up all the dishes for you.



Contact Emily to book

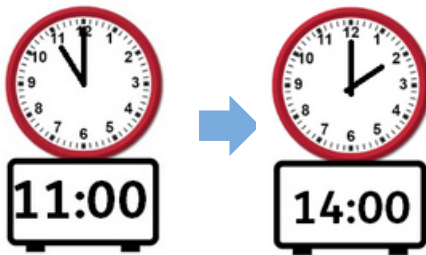


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emily@croydonmencap.org.uk

Pamper Day!



Relax and be spoiled! Massage, hand and food treatments and Flower Arranging

Croydon Mencap, 60-61 Leslie Park Road, CR0 6TP



Croydon Mencap welcomes Deleet and Tanya. They will be offering massage, and hand and foot treatments.




Whilst you are waiting Gifty will teach the relaxing art of Flower Arranging.


There will be hot and cold drinks as well as sweet treats.

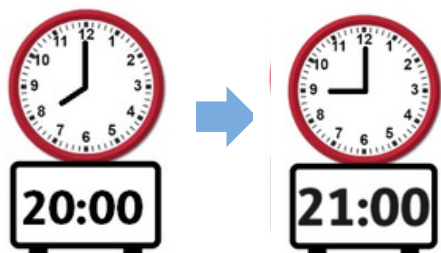
Spaces are very limited.



Contact Dee to book

 **020 8684 5890**

 **info@croydonmencap.org.uk**



Guided Meditation: Take time for YOU!

Online

Caring for a loved one can be incredibly rewarding—but it can also take a toll on your mental and physical health. Juggling responsibilities often means your own wellbeing comes last. These weekly guided meditation sessions are a chance to pause, breathe, and focus on you.

Through simple, calming techniques, you'll learn how to quiet the mind, release tension, and reset—no experience needed. Whether you're feeling overwhelmed, run down, or just in need of a break, this is your time to rest, recharge, and reconnect with yourself.

Step away from the stress, even for a short while. You deserve it. Sessions are held in the evenings at 8pm to prepare you for a good night's sleep.

Oct/Nov
2025

Monday
23rd, 3rd,
10th



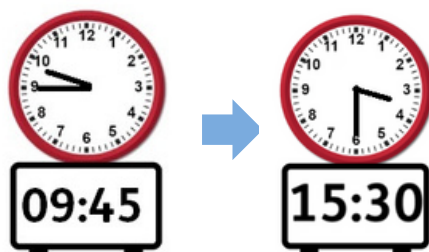
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Christmas at Polhill Garden Centre



Meet Fairfield Halls 10am, leaving Polhill at 3pm.

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.

Polhill Garden Centre is more than just a garden centre – we also have everything you need for inside your home too! We look forward to welcoming you. We aspire to make your shopping experience as relaxing and as enjoyable as possible. Remember, coming to Polhill is a day out for all to enjoy!

There are lots of brilliant seasonal stuff to make that Christmas tree look perfect and unique Christmas food to buy



Contact Dee to book

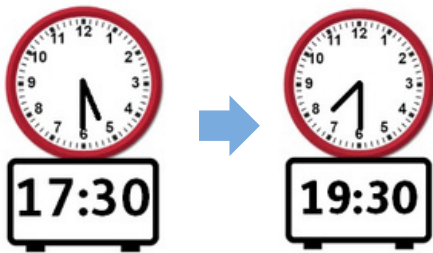


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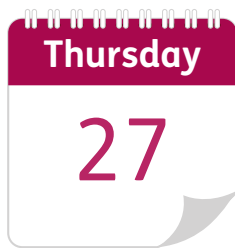


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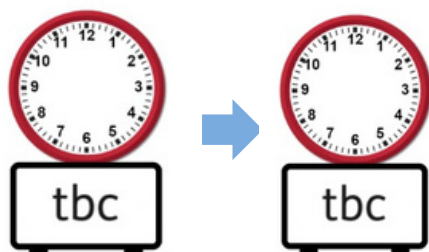


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Carers Christmas Lunch



Join your fellow carers. We will let you know the venue and more info nearer the time.



Venue: tbc



Contact Dee to book



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