Croydon mencap

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CROYDON RELIEF IN NEED

Carers Community Membership

Sign up for our Membership and you will be very welcome to take advantage of the training and respite described in the following pages. We are always adding new events, so check your Membership emails for updates!

Carers Community Membership

Supporting You. Empowering Your Family. Strengthening Our Community

At Croydon Mencap, we believe no parent or carer should ever feel alone, wether you are caring for and adult or a child with learning disabilities. Our parent carer membership is here to offer practical help, emotional support and a genuine sense of community, built around the real lives of families caring for people with additional needs.

Membership is £6 a month, and that small contribution helps us keep vital services running for you and for other families across Croydon. If paying would be difficult, that's absolutely okay; we never want cost to be a barrier, and discounted or free memberships are easily available on our sign up page, feel free to take advantage of a free membership.

Why membership matters:

Your monthly payment helps us to keep our carers community services going which include:

- Workshops e.g. person centred planning, makaton, your legal rights, transitions
- Wellbeing activities,
- Events and day trips,
- 1:1 advice and support
- Chill and Chat Toddler group
- Strengthen a supportive parent carer community and voice in Croydon

It's a small amount that makes a big difference.

What 1:1 advice and support gives you:

Access to our experienced Family Link Workers, who can help you:

- Navigate education, EHCPs and health and social care
- Communicate with schools and professionals
- Prepare for forms, meetings and decisions
- Feel supported when things feel overwhelming

You don't have to face these systems alone.

Carers Community Membership

Wellbeing and self-care activities

Including gentle wellbeing sessions, nature experiences, creative activities, day trips and occasional treats; because carers need care too.

Ongoing support and resources

From peer to peer support through our ‘Elevenses’ and whatsapp group, to useful guides, signposting so you always feel connected and informed.

Our membership offer is just getting started and will continue to grow, allowing us to support you even more over time, all for £6 a month, or less if needed.

How to join

You can visit
https://www.croydonmencap.org.uk/support/parent-carers/parent-carer-community/

You can also join by scanning the QR code below with your phone.

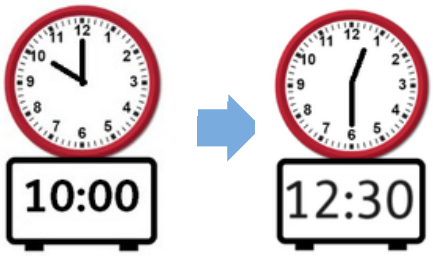
What's coming up at a glance (full details further below)

Thurs 8th October	Speak Up and Be Heard
Wed 21st October	Understanding Supported Housing
Thurs 12th November	Guided Meditation Session
Thur 12th November	Ruxley Manor
Wed 18th November	Tapping in to Calm
Thurs 3rd December	Christmas Dinner

Ongoing Activities

Chill and Chat

Every Tuesday



For parents of children with additional needs aged under 5

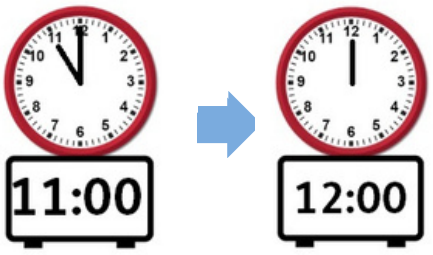
Shirley Children's Centre, 34 Lilac Gardens, Croydon CR0 8NR. Email Dee on info@croydonmencap.org.uk

Sessions include singing, movement to music, and stories, playing with toys and lots of fun. Other siblings are welcome to join in.

Christine, our coordinator and Sue, our parent volunteer are also supporting parents by telephone and our popular Whatsapp Group.

Croydon Mencap Elevenses

Every Thursday



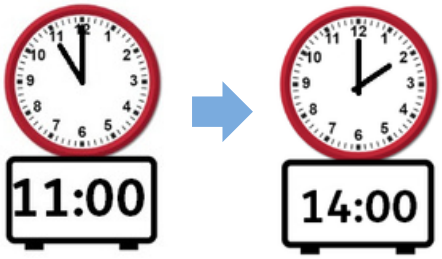
Online drop in - a chat and a cuppa!

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

Elevenses is a weekly online drop in for carers, 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!

Occassionaly we meet face to face.

Speak Up and Be Heard!



Oct
2026

Speak Up and Be Heard: Self-Advocacy for Carers

Online

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

To book, head over to our Eventbrite: https://croydonmencap.eventbrite.com or scan the QR Code

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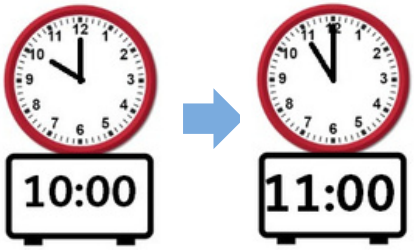
Your Rights as a Tenant



Online, email below to sign up

Oct 2026

Mon 19

Learn more about your rights as a a tenant with this helpful session from Tenants Advice. They support renters with housing problems such as damp and mould, disrepair, heating issues, pest infestations, and difficulties with landlords or letting agents. Poor housing conditions can have a serious impact on health and wellbeing, particularly for children, older people, and people with existing health needs.

The service offers:

- A free helpline to explain tenants' rights
- Housing inspections by expert surveyors
- Access to specialist housing solicitors
- Support with reporting unresolved repairs
- Advocacy for people living in unhealthy housing conditions

TENANTS ADVICE

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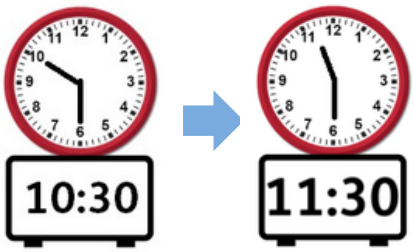
Understanding Supported Housing

Croydon mencap



Online, email below to sign up

Choosing the right housing for a family member with a learning disability, autism or other additional needs can feel complex. Zetetick Housing Charity's free quarterly webinars for unpaid carers are designed to help you understand your options and feel more confident about planning for the future.

Oct 2026

Wed 21

Zetetick tenant Theo and family carer

Each session focuses on what supported housing looks like in real life and how it can support people to live safe, independent and fulfilling lives.

Why attend?

- Learn about different housing options in a clear, practical way
- Understand how care and housing work together
- Hear real experiences from people across the sector
- Ask questions and get honest, helpful answers
- Feel more prepared to plan for the future

Zetetick a unique Housing charity

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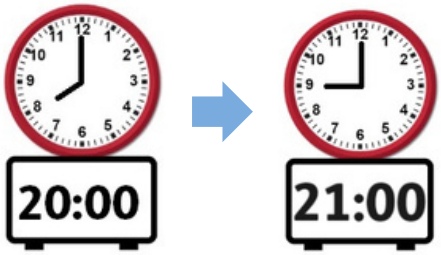
Guided Meditation/Relaxation



Nov
2026

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.

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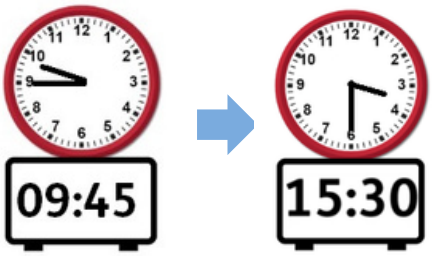
Visit to Ruxley Manor



Christmas at Ruxley Manor Garden Centre

Nov 2026

Thursday 12

Meet at Fairfield Halls

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.

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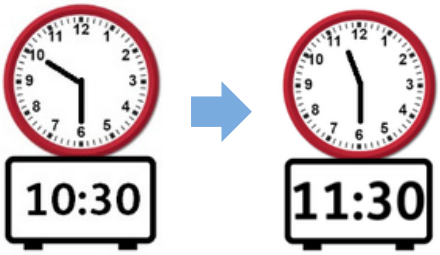
Tapping in to Calm



This session is led by Rachel Goth, a qualified Clinical Hypnotherapist and EFT Practitioner specialising in stress and anxiety.

Online

Nov 2026

When you spend so much energy caring for others, it can be hard to find time for yourself. This session is a chance to pause, recharge, and learn something genuinely useful. In this friendly, practical online session, you will be introduced to EFT (Emotional Freedom Technique), also known as 'Tapping', a simple, evidence-based technique that can ease feelings of stress, overwhelm, and anxiety.

Participants will be invited to share what they would most like to feel better about, so the session is shaped around what matters to the group. You will learn the basics, try it for yourself, and leave with something you can use straight away whenever you need it. There is no pressure to share personal details. Everyone simply taps along together. This session is just the beginning of what EFT can do, but even a little goes a long way.

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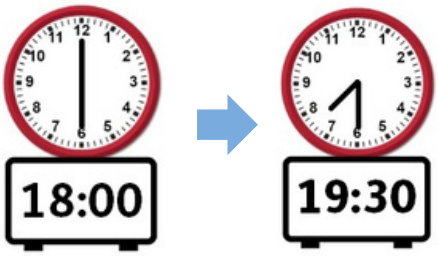
Yoga Session and a Cuppa



Relax, unwind, then enjoy a cuppa and biscuits on us! Free!

Nov
2026

Friday
20

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

Hatha yoga is a gentle yoga that helps to stretch, unwind and release tension, creating balance between the body and mind.

The mindful breathing exercises and relaxation help to calm the nervous system, which can help release stress and anxiety.

Hatha yoga can be practiced by all and poses can be adapted to suit all levels.

Amanda is a professional teacher with lots of experience who will put you instantly at ease.

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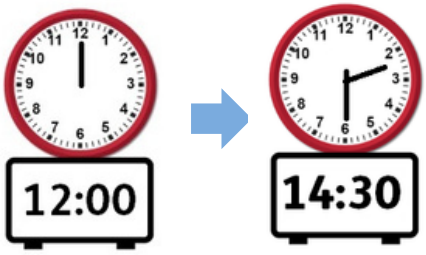
Christmas Lunch!



Join your fellow carers for a festive meal!

104 Coombe Rd, Croydon CR0 5RB

Dec 2026

Thursday 3

Enjoy a free festive lunch with your fellow carers in a relaxed, family friendly setting

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