

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, whether you are caring for an 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)

Ongoing

Chill & Chat and Elevenses

Mon 1st June

Person Centred Planning

Thurs 4th June

Welfare and Benefits

Thursday 11th June

Brighton Coach trip

Mon 22nd June

ParkBathe at MHA Wilderness

Thur 25th June

What's it like to be autistic?

Wed 1st July

Sing and Stroll at South Norwood Lake

Thur 2nd July

Planning for the Future: Transitions

Tues 7th July

Pamper Evening

Thurs 16th July

Finding Calm in the Chaos

Wed 22nd July

Understanding Supported Housing

Sat 25th July

Forest Meditation and Lunch

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

Thur 6th August

Guided Meditation Session

Thurs 3rd September

Embracing Autism, Empowering Families

Thurs 17th September

Clay Workshop

Thurs 21st September

Pamper Day

Thurs 8th October

Speak Up and Be Heard

Wed 21st October

Understanding Support Housing

Thurs 12th November

Guided Meditation Session

Thur 12th November

Ruxley Manor

Thurs 3rd December

Christmas Dinner

Coming soon

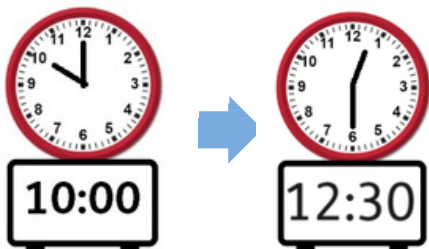
Yoga, Care Dog Days, Drumming Workshops, Sing and Stroll. More pamper days, more workshops and lots more! We welcome suggestions :)



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

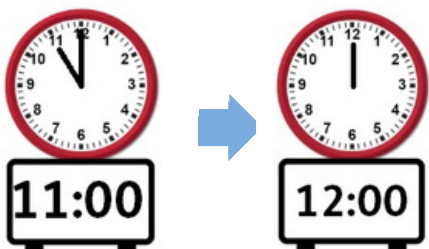


Sessions include singing, movement to music, and stories, playing with toys and lots of fun. Other siblings are welcome to join in.

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

Croydon Mencap Elevenses

Every
Thursday



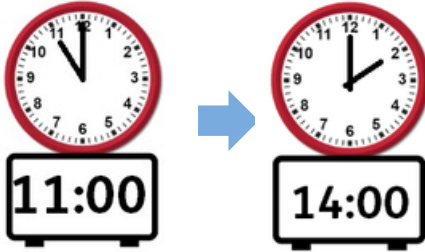
Online drop in - a chat and a cuppa!

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!

Occasionally we meet face to face.



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.



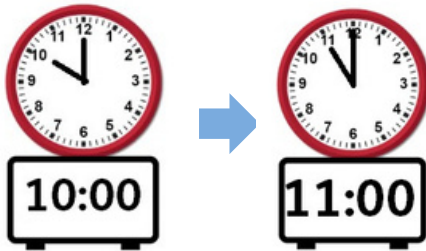
Contact Dee to book



020 8684 5890



info@croydonmencap.org.uk



Welfare and Benefits

Online via Zoom


If you are a parent or carer of a person with disabilities or additional needs you may be concerned about navigating the complicated benefits system the right way.


In this free 1 hour Zoom webinar, Renaissance Legal's benefits specialist will explore and answer some common benefits questions to provide parents and carers with practical, helpful advice and guidance.

- Which benefits are available to people with disabilities?
- How can I check that they are being paid correctly?
- How can I make sure that I am making the best benefits decisions for the future (including thinking about Trusts)?
- How do different types of capital affect benefits?
- What are my responsibilities as an appointee, deputy or attorney?

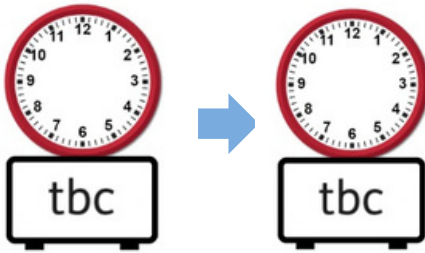


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Brighton Coach Trip!



Relax and explore Brighton with your fellow carers

Meet at Fairfield Halls for an organised coach trip



Explore the lanes, pier and Brighton's famous beach! Sue will be accompanying you. This is a great change to hang out with your fellow carers and do something different - for you!

Coach pick up from Fairfield Halls



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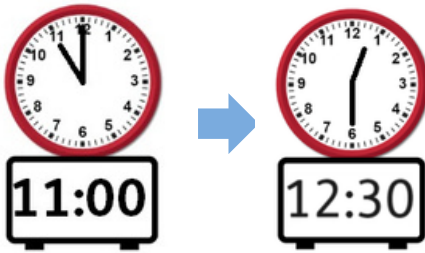


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Forest Bathe at MHA



MHA The Wilderness Park Bathe (all mobilities welcome)



17 Shirley Church Road, Croydon, CR9 5AL



ParkBathe is a project that offers mindful walks and nature connection as a means to improve the health and wellbeing of individuals who might not usually engage in wellness activities. We draw on secular aspects of forest bathing, forest school, and mindfulness essentially, it's about walking slowly through a local green space while mindfully noticing our surroundings (no water or bathing involved!)..



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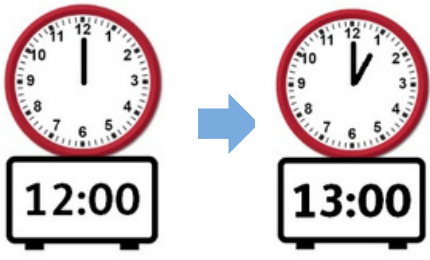


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What does it mean to be autistic?



Understanding a bit more about the autistic brain

Online




What is autism? And how do autistic brains work differently to others?




Join our session, and hear from Kevin Oakhill, autistic person and Croydon Councils Autism Inclusion Lead and Croydon Mencap's own autistic person and Operations Lead, Emily Oakhill (yes they're husband and wife!) about what life is like, what makes it harder, and how we can help to change that.



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You don't need to be Adele to join in!

South Norwood Lake. The main entrance is located at the junction of Woodvale Avenue and Avenue Road (SE19 2SD)

Catherine from Creative Croydon, a carer herself, is joining us for a special "Sing and Stroll" session at beautiful South Norwood Lake.

This session is accessible to anyone and full of joy and fun!

After the stroll, if the weather is good we will have a picnic, so bring some food, drink and a blanket!

Please note, the loos are up some stairs



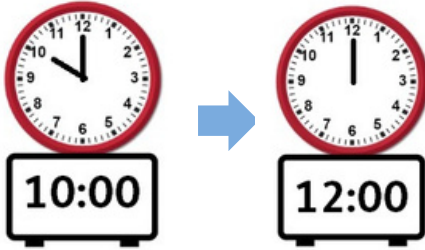
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Navigating Transition: From Children's Services to Adult Social Care

Online


This session is delivered by Access Social Care and is designed for carers navigating the transition from children's to adult services. We aim to simplify the legal framework governing transitions for young people aged 16-25 with Education, Health and Care Plans who may require adult social care support.


You will gain essential knowledge about transition rights, Care Act assessments, as well as practical strategies to help you and the young person you support to prepare and manage the transition.

Whether you're facing a situation with no transition plan in place or where services are unaware of a young person's needs, this training delivers the legal knowledge and practical tools to advocate effectively

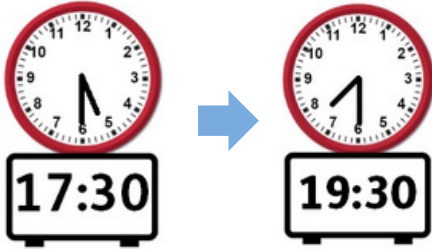


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Pamper Evening!



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.

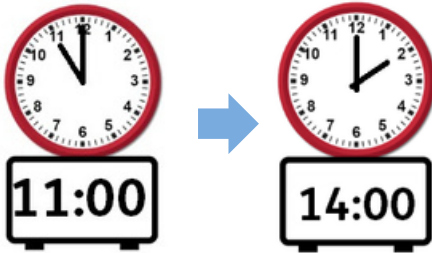


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Finding Calm in the Chaos



Empowering Parent Carers to Thrive

Online via Zoom



This interactive workshop is designed to support parents and carers of children with disabilities and/or autism by offering practical, easy-to-use strategies for managing everyday stress and reducing the risk of burnout.




The session provides a safe and supportive space to explore realistic tools that can help you cope with the emotional and physical demands of caring, while also prioritising your own wellbeing. By focusing on self-care, resilience, and stress management, the workshop aims to boost your confidence, energy, and overall wellbeing, helping you feel better equipped to care for both your children and yourself.

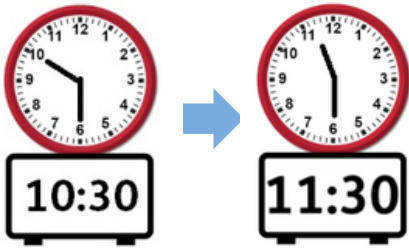


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Understanding Supported Housing



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. Zetetic 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.



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



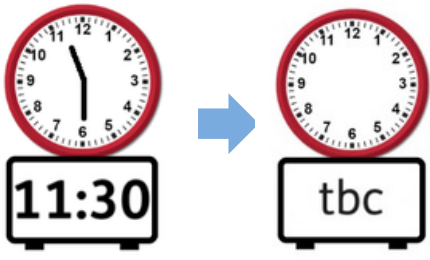
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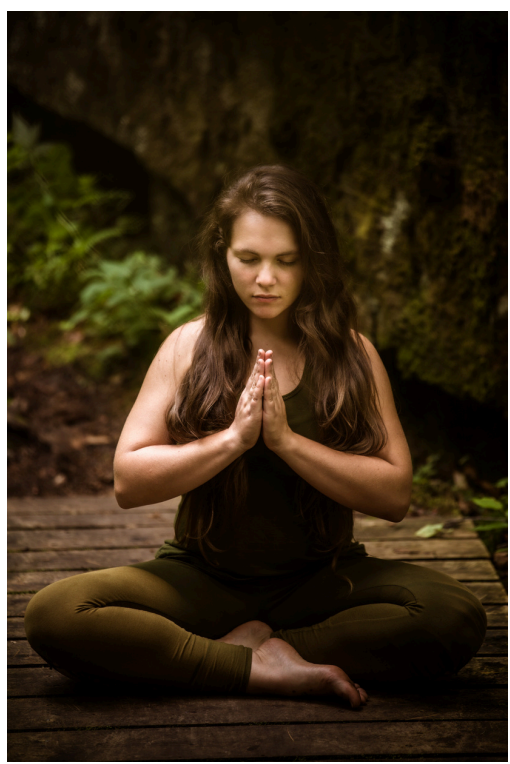
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Join us for relaxation in stunning surroundings!

Coach House Cafe, Coombe Wood, Conduit Ln, Croydon CR0 5RQ

Join our Gifty for lunch in this beautiful cafe before exploring the gorgeous gardens.




After that we will make our way in to the stunning Coombe Woods to take time to pause, reflect and notice nature. This will be followed by a meditation session. Bring a blanket :)

Limited places, book ASAP



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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.



Contact Dee to book

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Embracing Autism, Empowering Families

Online


“Embracing Autism, Empowering Families” is an interactive workshop by designed specifically for parents of autistic children. The session offers a supportive and welcoming space to explore autism in a positive, strengths-focused way, while gaining practical strategies to support your child’s unique needs.

Through expert insights and shared discussion, you’ll learn effective communication techniques, discover how to create autism-friendly environments at home and beyond, and better understand your child’s experiences. The workshop also provides an opportunity to connect with other parents, share experiences, and build confidence. You’ll leave feeling informed, supported, and better equipped to navigate both the joys and challenges of autism parenting with confidence and compassion.

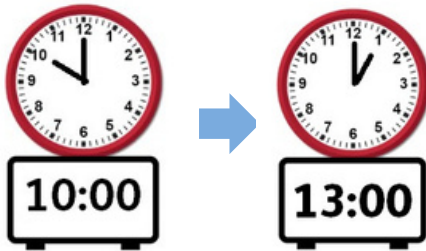


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Clay Workshop



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



CVA Resource Centre, 82 London Road, Croydon, CR0 2TB



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

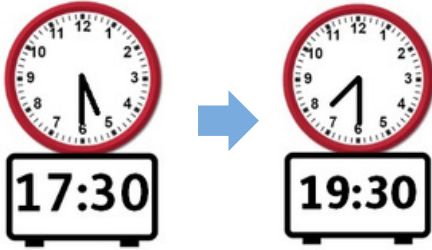


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Speak Up and Be Heard!



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



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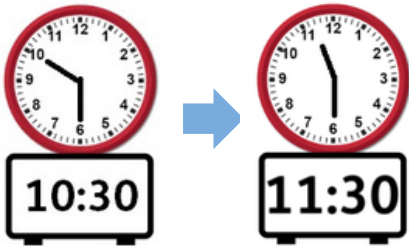


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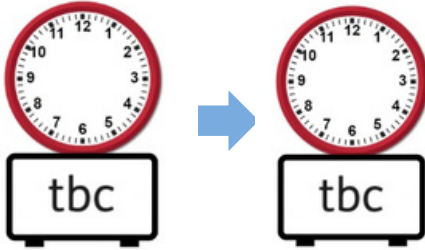
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Christmas at Ruxley Manor Garden Centre

tbc



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.

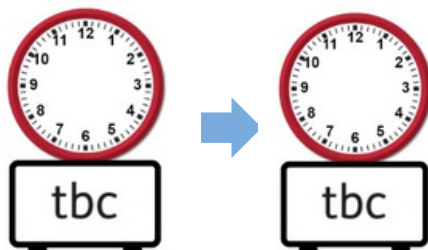


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Christmas Lunch!



Join your fellow carers for a festive meal!




tbc


Enjoy a festive lunch with your fellow carers!

We're not 100% where we're having this but we will let you know :)



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