# A purple heart with a hand and textCaring for Carers, You’re Amazing!

A joyful recap of our special carers' support meeting at Eversley Medical Centre

## 💌 Welcome

We had such a heartwarming time during our recent support meeting for carers! Thank you for bringing your wonderful energy and stories. Here’s what happened, and what’s coming next!

## 🌟 Meeting Highlights

Highlights included:

* ❤️ Sharing stories over refreshments
* 🧘‍♀️ Upcoming Carers week events
* 🗣️ Guest speakers Laura & Charlette from the local carers’ network and Eversley’s social prescriber Farhad
* 💬 Open discussion with helpful tips from each other

Carers First (Carers support Centre) who are located at 24 George Street Croydon can provide support to ensure you are receiving the correct benefits and support. They can help with form filling, assessment of needs, applications for grants, referrals to local services, respite and can advocate for you. Have you had a **Package of care** funded by the council?? If not, they will show how to access this 😊

Alongside this support there are activities such as sound healing, yoga sessions and much more.

**The Carers Café**  is held on Mondays, Wednesdays and Fridays 10.30am – 12.30pm, with MIND who joins them once a month at the café.

Registering with them is easy and will be of great benefit for the support you deserve!

(Please note Carers First are open weekdays except Thursdays)

You can contact them and register via the helpline 0300 303 1555, online via the website

[www.carersfirst.org.uk](http://www.carersfirst.org.uk) or visit them in person in George Street

## 📚 Handy Resources

* ✅ Carers UK Helpline: 0808 808 7777
* ✅ Carers first self-referral – scan this QR code



* ✅ Dementia meetings at carers First – Monthly – 3rd Thursday of the month
* TIK TOK users search Carers support UK for informative, community and supportive videos with lots of tips and information from other carers and support groups.
* ✅ Self-Care checklist ideas – scan this QR code



## 📅 What’s Coming Up?

Join us again in December for our **festive** carers’ morning! Sammy will be in contact nearer the time with a confirmed date. Let us know what you'd love to see at the next gathering!

## 💡 Carer Tip of the Month

Take 5 minutes just for YOU. Put on your favorite song, breathe deeply, or enjoy a quiet cuppa. You matter!

## 📞 Stay Connected

Got questions or ideas? Reach out to Eversley via reception where you can ask for Sammy or use our online service via the website. You can also pop in to say hello – we love seeing you! 💙

