



Training/Workshops

Hft is a national charity that supports people with learning disabilities and their families. The Family Carer Support Service (FCSS) provides a friendly, national support service for family carers who have relatives with learning disabilities, run by a team of family carers and experienced support staff. Anyone is free to contact FCSS – all its services are free to family carers.

PIP tips for family carers

Are you a family carer of someone with a learning disability who is aged 16 or over?

Do you want to know more about applying for Personal Independence Payment (PIP), which is replacing Disability Living Allowance (DLA)?

This free half day session will give family carers the confidence and information they need to support their relative with their application for Personal Independence Payment

This practical session will take place on

14th January 2014 from 10am to 1pm

The Vestry Hall, London Road, Micham, CR4 3UD

If you would like to attend, please contact Moira Clews at

Carers Support Merton on 020 8646 7515. Email: moira@csmerton.org

Living Well as a Carer Workshops

DATES (for Course of 3 Sessions):

23rd January, 30th January, 6th February 2014

TIME (all Sessions): 10.00a.m– 11.30a.m

Living well and positively is vital for all of us as we go through life, and as we age. It's especially important when you have a caring role – come and learn some valuable techniques, in the safe hands of experienced and popular therapist Melani Sampson from South West London and St. George's NHS Mental Health Trust IAPT Service.

Learn how to: · Manage stress , Enhance your mood and wellbeing & Cope better with difficult times

The Vestry Hall, London Road, Mitcham, CR4 3UD

Please contact Moira Clews on 020 8646 7515 or email moira@csmerton.org to book your place.

Dates for your Diary

Are you caring for someone with Mental Health issues or Dementia?

We are holding 4 Creative Writing workshops with Create Arts on Tuesdays from 10am to 1pm on the 4th, 11th, 18th, 25th March 2014,

Please let Shelley know if you are interested.

Tel: 0208 646 7515

Email Shelley@csmerton.org

Dates for your diary

