# The Aztec Centre (Croydon Equipment Solutions)

Our range of equipment will help you stay independent. Just tell us your challenges and we will find a solution that suits you!

Our Range of Mobility Solutions Include:

#### **HELP WITH DAILY LIVING**

- Riser recliner chairs
- High seat chairs
- Beds and mattresses
- Hoists

- Bathing /Toileting
- Various Small Kitchen / Dressing equipment
- Telecare (Pendant Alarms)

Walking Frames, Mobility Scooters, Fitting hand rails and grab rails.

Open: Mon - Fri, 9am- 5pm Tel:020 8664 8860 (ex: 229) Aztec Centre, 28 Boulogne Road, Croydon, CR0 2QT

# **CNCA's Befriending Service**

Are you over 65?
Do you care for somebody?
Do you feel isolated and alone?

CNCA can provide various types of Befriending to suit your needs:

- 1) Keep in-touch
- 2) Telephone Weekly call
- 3) Call and visit
- 4) Home visits every week

Phone: 020 8654 4440 Email: carers@cnca.org.uk



# Directory of Neighbourhood Care Services

**May 2017** 

This directory contains services to support adults over 65years across the London Borough of Croydon

This information is collated by
Croydon Neighbourhood Care Association
Central Hall
Davidson Lodge
Freemasons Road
Croydon
CR0 6PD

General Tel: 020 8662 1000 Befriending Service Tel: 020 8654 4440

Email: info@cnca.org.uk Web: www.cnca.org.uk

**Supported by:** 







# Locations of Neighbourhood Care Groups

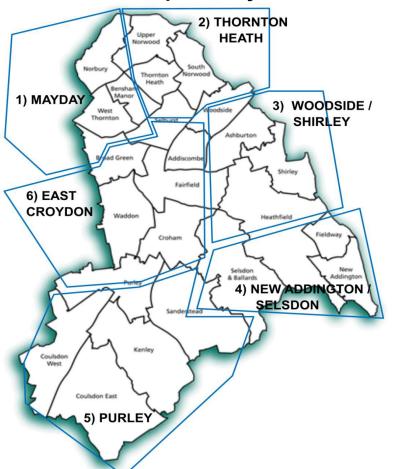
## **Croydon Neighbourhood Care**

Croydon Neighbourhood Care is an umbrella charity, working to meet the needs of Isolated, vulnerable and frail people throughout the Borough. We support local Neighbourhood Care Associations and provide services and advice to adults throughout Croydon who are over 65yrs.

Our principal objective is to promote, support and develop local Neighbourhood Care Schemes.

All organisations within this Brochure belong to our Membership Scheme. Benefits of joining are, free advertising of your service across the borough, signposting on our website and access to our services e.g. DBS service.

# **Map of Croydon**



#### **CNCA Services**

#### **DBS Service**

The Disclosure and Barring Service (DBS) Checks (previously CRB Checks) are an essential part or running an Organisation/Group which deals with Vulnerable Groups and Volunteers. It is now a Statutory requirement for many Neighbourhood Care Groups, Third Sector Organisations and Private Sector Groups (Medical Practices, Clinics, Dentists, etc.) to ensure that all their Salaried Staff and Volunteers are DBS Checked, especially if they are receiving funds from or dealing with Governmental/Local Government Organisations like the London Borough of Croydon.

To find out more about our service, please contact the office directly:

#### 020 8662 1000 or info@cnca.org.uk

### **CNCA Membership Services**

Becoming a member of CNCA will provide you with an opportunity to advertise your service across London Borough of Croydon by brochure and website. CNCA will also recommend your services on your behalf.

- Advertising of your Group Services in the CNCA Brochure
- DBS Checks Official Counter Signatory
- Access to Training Programmes organised and hosted by CNCA
- Attendance at CNCA's Membership Forum Meetings
- Advice, Information and Support
- Referrals to our Befrienders and Telephone Befrienders
- Circulation of Information around other CNCA Member Groups

For any of these services please contact us on either 020 8662 1000 or info@cnca.org.uk

Other Member Groups (Continued)  6. Inaspectrum Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Norwood, London, SE25 6. Inaspectrum (Correspondence: 72 Faikland Park Avenue, South Real Park Park So
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Shiloh Church Hall, 61-69 Bensham Grove, Thornton Heath, CR7 8DD Tel: 020 8771 1565 Email: church@shilohworshipcentre.org, Web: www.shilohworshipcentre.org Services Provided: B  9. Stroke Action Croydon Venue: CVA Resource Centre, 82 London Road, CR0 2TB 103 Granville Close, Croydon, CR0 5PZ Tel: 020 8688 8132 / 07903 052 577 Email: Strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon.org Services Provided: H, L  10. Subrang Arts 43 Brancaster Lane, Purley, Croydon, CR8 1HJ Tel: 0775287133  16. New Addington Good Samaritans (N.A.G.S) (4) 17. Old Coulsdon Centre (for the retired) (5) 18. Parchmore Methodist Church and Community Centre (2) Purley & Coulsdon Clubs for the Elderly (P.A.C.E) (5) Purley Cross Centre (5) St Andrew's Contact Group (5) St Andrew's Contact Group (5) Sanderstead Neighbourhood Care (4) Selsdon Centre for the Retired (4) Selsdon Contact (4) South Norwood & Woodside Community Association (S.N.W.C.A) (2) Timebridge Community Centre (or the retired) (5) Purley & Coulsdon Clubs for the Elderly (5) St Andrew's Contact Group (5) St Edmund's Caring Group (5) Selsdon Centre for the Retired (4) Selsdon Centre for the Retired (4) Selsdon Contact (4) Selsdon Contact (4) Selsdon Contact (4) Selsdon Contact (4) Tel: 0775287133
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Email: church@shilohworsnipcentre.org, Web: www.shilohworshipcentre.org Services Provided: B  18. Parchmore Methodist Church and Community Centre (2)  19. Purley & Coulsdon Clubs for the Elderly (P.A.C.E) (5)  9. Stroke Action Croydon Venue: CVA Resource Centre, 82 London Road, CR0 2TB 103 Granville Close, Croydon, CR0 5PZ Tel: 020 8688 8132 / 07903 052 577 Temail: Strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon.org Services Provided: H, L  10. Subrang Arts 43 Brancaster Lane, Purley, Croydon, CR8 1HJ Tel: 0775287133  18. Parchmore Methodist Church and Community Centre (2)  19. Purley & Coulsdon Clubs for the Elderly (P.A.C.E) (5)  11.00-3pm 20. Purley Cross Centre 21. St Andrew's Contact Group (5)  22. St Edmund's Caring Group (5)  23. Sanderstead Neighbourhood Care (4)  24. Selsdon Centre for the Retired (4)  25. Selsdon Contact (4)  26. Shirley Neighbourhood Care Scheme (3)  27. South Croydon Day Centre for the Elderly 28. South Norwood & Woodside Community Association (S.N.W.C.A) (2)  Tel: 0775287133
9. Stroke Action Croydon Venue: CVA Resource Centre, 82 London Road, CR0 2TB 103 Granville Close, Croydon, CR0 5PZ Tel: 020 8688 8132 / 07903 052 577 Email: Strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon.org Services Provided: H, L  19. Purley & Coulsdon Clubs for the Elderly (P.A.C.E) (5) 20. Purley Cross Centre (5) 21. St Andrew's Contact Group (5) 22. St Edmund's Caring Group (5) 23. Sanderstead Neighbourhood Care (5) 24. Selsdon Centre for the Retired (4) 25. Selsdon Contact (4) 26. Shirley Neighbourhood Care Scheme (3) 27. South Croydon Day Centre for the Elderly (6) 28. South Norwood & Woodside Community Association (S.N.W.C.A) (2) Tel: 0775287133
9. Stroke Action Croydon Venue: CVA Resource Centre, 82 London Road, CR0 2TB 103 Granville Close, Croydon, CR0 5PZ Tel: 020 8688 8132 / 07903 052 577 Email: Strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon.org Services Provided: H, L  10. Subrang Arts 11.00-3pm 2nd and 3rd Tuesdays monthly  22. St Edmund's Caring Group (5) Sanderstead Neighbourhood Care (4) Selsdon Centre for the Retired (4) Selsdon Contact (4) Selsdon Contact (5) Selsdon Contact (6) Shirley Neighbourhood Care Scheme (7) South Croydon Day Centre for the Elderly (8) South Norwood & Woodside Community Association (S.N.W.C.A) Timesdays monthly  20. Purley Cross Centre (5) St Andrew's Contact Group (5) Sanderstead Neighbourhood Care (6) Selsdon Contact (4) South Croydon Day Centre for the Elderly (6) South Norwood & Woodside Community Association (S.N.W.C.A) (2) Timesdays monthly (4) Selsdon Contact (6) Shirley Neighbourhood Care Scheme (7) South Croydon Day Centre for the Elderly (6) South Norwood & Woodside Community Association (S.N.W.C.A) (7) Timesdays monthly (8) Selsdon Contact (9) South Norwood & Woodside Community Association (S.N.W.C.A) (1) Timesdays monthly (1) Selsdon Contact (1) Se
Venue: CVA Resource Centre, 82 London Road, CR0 2TB  103 Granville Close, Croydon, CR0 5PZ Tel: 020 8688 8132 / 07903 052 577 Tuesdays monthly  11.00-3pm 2nd and 3rd Tuesdays monthly  22. St Edmund's Caring Group (5) 23. Sanderstead Neighbourhood Care (5) 24. Selsdon Centre for the Retired (4) 25. Selsdon Contact (4) 26. Shirley Neighbourhood Care Scheme (3) 27. South Croydon Day Centre for the Elderly (6) 28. South Norwood & Woodside Community Association (S.N.W.C.A) 29. Timphridge Community Contre
103 Granville Close, Croydon, CR0 5PZ Tel: 020 8688 8132 / 07903 052 577 Email: Strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon.org Services Provided: H, L  10. Subrang Arts 43 Brancaster Lane, Purley, Croydon, CR8 1HJ Tel: 0775287133  22. St Edmund's Caring Group (5) Sanderstead Neighbourhood Care (4) Selsdon Centre for the Retired (4) Selsdon Contact (4) Selsdon Contact (5) Selsdon Contact (6) Shirley Neighbourhood Care Scheme (7) South Croydon Day Centre for the Elderly (8) South Norwood & Woodside Community Association (S.N.W.C.A) Timpskides Community Control (6)
Tel: 020 8688 8132 / 07903 052 577 Email: Strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon.org Services Provided: H, L  10. Subrang Arts 43 Brancaster Lane, Purley, Croydon, CR8 1HJ Tel: 0775287133  123. Sanderstead Neighbourhood Care (4) Selsdon Centre for the Retired (4) Selsdon Contact (4) Shirley Neighbourhood Care Scheme (3) South Croydon Day Centre for the Elderly South Norwood & Woodside Community Association (S.N.W.C.A) (2) Timebridge Community Control
Web: www.strokeactioncroydon.org  Services Provided: H, L  10. Subrang Arts 43 Brancaster Lane, Purley, Croydon, CR8 1HJ Tel: 0775287133  24. Selsdon Centre for the Retired (4) 25. Selsdon Contact (4) 26. Shirley Neighbourhood Care Scheme (3) 27. South Croydon Day Centre for the Elderly (6) 28. South Norwood & Woodside Community Association (S.N.W.C.A) (2) 29. Timebridge Community Control
Services Provided: H, L  10. Subrang Arts 43 Brancaster Lane, Purley, Croydon, CR8 1HJ Tel: 0775287133  25. Selsdon Contact (4) 26. Shirley Neighbourhood Care Scheme (3) 27. South Croydon Day Centre for the Elderly 28. South Norwood & Woodside Community Association (S.N.W.C.A) 29. Timebridge Community Control (4)
10. Subrang Arts 43 Brancaster Lane, Purley, Croydon, CR8 1HJ Tel: 0775287133  26. Shirley Neighbourhood Care Scheme (3) 27. South Croydon Day Centre for the Elderly (6) 28. South Norwood & Woodside Community Association (S.N.W.C.A) (2) 29. Timebridge Community Control
10. Subrang Arts  43 Brancaster Lane, Purley, Croydon, CR8 1HJ Tel: 0775287133  27. South Croydon Day Centre for the Elderly 28. South Norwood & Woodside Community Association (S.N.W.C.A) (2) Timebridge Community Control
43 Brancaster Lane, Purley, Croydon, CR8 1HJ  Tel: 0775287133  28. South Norwood & Woodside Community Association (S.N.W.C.A) (2)  Timebridge Community Control
1el: 0775287133
Services Provided: H  30. Upper Norwood Association for Community Care (U.N.A.C.C) (2)
31. Waddon Community Outreach (6)
32 Westbury Community Project (6)
11. 1596 Club at Whitgift Care Moli- Fri
76 Brighton Road, Croydon, CR0 6AB 10am -4pm Tel: 020 8256 1596 No. Other Member Groups Position on Map
Email: 1596club@whitgiftcare.co.uk  1. Action on Elder Abuse (1)
Services Provided: J 2. Age Unlimited Enriching Skills (6)
3. Avenues Group (6)
4. Broad Green Tai Chi Group (6)
5. Family Focus (6)
6. Inaspectrum (2)
7. Shahjalal Mosque and Islamic Cultural Centre (2)
8. Shiloh Senior Members Community Club (2)
9. Stroke Action Croydon
10. Subrang Arts (5)
11. 1596 Club at Whitgift Care (6)

Neighbourhood Care Group Details	(Opening Hours)	Neighbourhood Care Group Details (or	pening Hours)
1. Abbeyfield Sanderstead Society Ltd 2 Beechwood Road, Sanderstead, South Croydon, CR2 0AA Tel: 020 8768 3737 / 020 8657 6668 Email: afldsan@tiscali.co.uk, Web: abbeyfield.com/Sanderstead Services Provided: D (On occasion - please call for further details)	Call for details	32. Westbury Community Project Mercedes Amos Day Centre Byers Memorial Hall, 183 Handcroft Road, Broad Green, Croydon, CR0 3LF Tel: 020 8664 8101 Email: westburycomproj@aol.com Open: 10am-4pm, Tue-Thur	Call for details
2. Abbeyfield Southern Oaks 7 West Street, Ewell Epsom, KT17 1UZ Tel: 020 8394 0050 Email: admin@abbeyfieldsouthernoaks.org Web: www.abbeyfieldsouthernoaks.org Services Provided: A, D, H	Call for details	Services Provided: B, E, H, I, J, L, M, N,  Other Member Groups  1. Action on Elder Abuse 23.25 Mitchem Lang. LONDON, SW16.6LA	Call for details
<b>3. Addiscombe Neighbourhood Care Association (A.N.C.A)</b> The ANCA Office, St. Mildred's Centre, 30 Bingham Road, Croydon, CR0 7EB	9.30-12noon Mon-Fri	23-25 Mitcham Lane, LONDON, SW16 6LA Tel: 020 8835 9280 Email: volunteers@elderabuse.org.uk Web: www.elderabuse.org.uk	
Tel: 020 8654 5062 Email: info@anca.org.uk, Web: www.anca.org.uk Services Provided: A, F, G, H, I, K, L, M,		2. Age Unlimited Enriching Skills 3space Croydon, 5th Floor, Southern House, Wellesley Grove, CR0 1XG Tel: 020 8651 1343 Email: info@ageunlimited.co.uk Web: http://www.ageunlimited.co.uk	Call for details
4. Age UK Croydon 2 Katharine Street, Croydon, CR0 1NX Tel:020 8680 5450 Email:aukc@ageukcroydon.org.uk Services Provided: A, I, J	Call for details	3. Avenues Group c/o CVA Resource Centre, 82 London Road, Croydon, CR0 2TB Tel: 07917 508275 Email: Sonia.gayle@avenuesgroup.org.uk	Call for details
5. Age UK Croydon 81 Brigstock Road, Thornton Heath, Croydon, CR7 7JH Tel: 020 8683 7100 Email: aukc@ageukcroydon.org.uk	Call for details	Dementia Support Services in Croydon Services Provided: N	
Services Provided: D, E, F, H, L Offers a range of health and well-being information, daily activities and events.		4. Broad Green Tai Chi Group Correspondence: 146 Eastney Drive, West Croydon, CRO 3TF Meets at: Buddhist Centre, 96-98 High Street, Croydon, CR0 1ND Tel: 0208 240 0815 / 020 8771 8003 Email: larpeg36@yahoo.co.uk	10.30-11.30am Thursdays (Cost: £5 each)
6. Age UK Croydon 5th Floor, 22 Park House, Park Street, Croydon, CR0 1YE Tel: 020 8680 5450 Email: aukc@ageukcroydon.org.uk	Call for details	Web: www.cnca.org.uk/broad Services Provided: H	0.00.44.00
7. Croham Hurst Good Neighbours CHGN Office, Croham Boad Boatist Church	10.00-12.30pm	5. Family Focus  Meets at: St George's Centre, Barrow Road, Waddon, CR0 4EZ  Correspondence: 17 Chaffinch Avenue, Croydon, CR0 7SF	9.30-11.30am Thurs

Mon-Thur

**7. Croham Hurst Good Neighbours** CHGN Office, Croham Road Baptist Church,

Croham Road, Croydon, CR2 7BA

Tel: 020 8649 9678

Email: chgnoffice@gmail.com, Web: www.chgn.org.uk

Services Provided: A, C, D, F, I, K, L, M, N

#### **KEY TO SERVICES PROVIDED**

A. Be-friending / Support Services E. IT / Computer Support

B. Lunch Clubs F. Shopping

C. Carers Respite / Support Equipment for Hire D. Coffee Mornings/ Tea Parties H. Exercise Classes

Information and Advice

Tel: 07892 402363 Email:suehuxtable17@gmail.com

Day Centre/Pop in

K. Gardening

Services Provided: I, J

L. Outings and Events

M. Transport Scheme

N. Dementia Support

Neighbourhood Care Group Details	(Opening Hours)	Neighbourhood Care Group Details	Opening Hours)
26. Shirley Neighbourhood Care Scheme Shirley Methodist Church, Eldon Avenue, Croydon, CR0 8SD Tel: 020 8662 9599 Email: sncs1970@gmail.com, Web: shirleyneighbourhoodcarescheme.co.uk Services Provided: A, B, F, I, L M	10.00-12.30pm Mon-Fri	8. Croydon African Caribbean Family Organisation 40 Northwood Road, Thornton Heath, CR7 8HQ Tel: 020 8127 4550 Email: info@cacfo.org.uk, Web: www.cacfo.org.uk Services Provided: A, B, C, E, H, J, L, M	9.00-5pm Mon-Fri
27. South Croydon Day Centre for the Retired Rear St. Peter's Hall, Ledbury Road, Croydon, CR0 1EP Tel: 020 8681 7948 Email: office@southcroydoncentre.org, Web: www.southcroydondc.org Services Provided: B, D, H, I, J, L, M	10.00-4pm Mon &Thurs	9. Croydon Asian Women's Organisation Correspondence: 89 Galpins Road, Thornton Heath, CR7 6EN Meets at: 19 Hood Close, Derby Road, Croydon, CR0 3SN Tel: 020 8409 1152. Email: n_rashid_11@hotmail.com Services Provided: A, D, H, J, L, M	Every Monday 12noon-3pm
28. South Norwood and Woodside Community Association (S.N.W.C.A) South Norwood Methodist Church, Suffolk Road, South Norwood, London, SE25 6EG Tel: 020 8768 2698 Email: snwca@hotmail.co.uk Services Provided: B, F, H, J, L, M	10.30-2.30pm Mon Wed Thur 2-4pm Tues Stroke Club,	10. Croydon 60+ Club 58 Addiscombe Road, Croydon, CR0 5PH Tel: 020 8680 0084 Email: darbyjoan7@yahoo.co.uk Services Provided: B, E, H, J, L	9.30-3.30pm Mon-Sat
29.Timebridge Community Centre Timebridge Centre, Fieldway, New Addington, Croydon, CR0 9AZ Tel: 01689 842992 Email:timebridgecentre@gmail.com Services Provided: Youth Clubs (8-13 and 12-19), Community Space (for hire), Boxing Club, Steel Band, Nursery	Call for details	11. Eastern Oasis Luncheon Club Correspondence: 71 Woodcote Grove Road, Coulsdon, CR5 2AL Meets at: The Salvation Army, 66 High Street, Thornton Heath, CR7 8LF Tel: 020 8683 2996 or 07956 219163 Email: easternoasisluncheon- club@gmail.com Services Provided: A, B, H, J	11.30-5pm Tue and Thurs
30. Upper Norwood Association for Community Care (UNACC)) The Waterside Centre, 26 Avenue Road, London, SE25 4DX Tel: 020 8771 6886 Email: info@unacc.org.uk, Web: www.unacc.org.uk Services Provided: B, D, E, H, I, J, L,	9.30-2.30pm Mon, Tue, Wed & Fri	12. Fieldway Over 50's Correspondence: 39 The Lindens, Fieldway, New Addington, CR0 9EJ Meets at: Fieldway Community Centre, Fieldway, New Addington, Croydon, CR0 9AZ Tel: 01689 842 682 Email:valeriegage36@yahoo.com Services Provided: D, E, J, L	10.00-12 noon Thurs
31. Waddon Community Outreach Church House, Barrow Road, Waddon, Croydon, CR0 4EZ Tel: 020 8688 7006 Email: patricia.vowles@yahoo.com Services Provided: A, D, H, J, L	Call for details	13. Jagruti Women's Group Correspondence: 9 Wessex Court, 15 Bickley Road, Bromley, BR1 2ND Meets at: Winterbourne Youth Centre, 28 Winterbourne Road, Thornton Heath, CR7 7QT Tel: 020 3719 1804 Email: info@jagrutiwomens.co.uk, Web: www.jagrutiwomens.co.uk Services Provided: H, J (snacks provided)	12.00 - 4.00pm Tue

#### **KEY TO SERVICES PROVIDED**

A. Be-friending / Support Services E. B. Lunch Clubs F. IT / Computer Support

Shopping
Equipment for Hire C. Carers Respite / Support
D. Coffee Mornings/ Tea Parties H. Exercise Classes

Information and Advice

M. Transport Scheme N. Dementia Support

J. Day Centre/Pop in
K. Gardening
L. Outings and Events

Neighbourhood Care Group Details	(Opening Hours)	Neighbourhood Care Group Details	(Opening Hours)
14. Kenley Lunch Club Correspondence: 118 Welcomes Road, Kenley, CR8 5HH Meets at: Kenley Memorial Hall, 92 Godstone Road, Kenley, CR8 5AB Tel: 020 8660 1988 Email: searyakd@talktalk.net, Web: www.cnca.org.uk/kenleyclub Services Provided: B, M Nail cutting service provided.	11.45-1.45pm Tue	20. Purley Cross Centre (Community Information) 24 High Street, Purley, CR8 2AA Tel: 020 8668 4189 Email: manager@purleycrosscentre.org Web: www.purleycrosscentre.org Services Provided: E, I	10.00-2pm Mon-Fri
15. New Addington Baptist Church Community Family Project New Addington Baptist Church, 39 Arnhem Drive, New Addington, Croydon, CR0 0EE Tel: 01689 800291 Email: cfp@newaddingtonbaptistchurch.co.uk Web: www.newaddingtonbaptistchurch.co.uk Services Provided: A, B I	9am-4pm Mon-Fri	21. St. Andrew's Contact Group St Andrew's Church, Woodmansterne Road, Coulsdon, CR5 2DD Tel: 01737 555996 Email: contactgroup@standrews.coulsdon.net Web: www.standrews.coulsdon.net Services Provided: A, D, F, I, J, L, M	9am-5pm Mon-Fri (Pop in every second Tuesday in the month from 2-4pm) 10.00-12noon
16. New Addington Good Samaritans The Pop-In, 1 Salcot Crescent, New Addington, CR0 0JG Tel: 01689 841176 Email: nagspopin@btconnect.com, Web: www.cnca.org.uk/newaddington Services Provided: B, D, E, G, H, I, J, L, M	9.00-4.00pm Mon-Fri (closes at 2pm on Tuesdays)	22. St. Edmund's Caring Group, Riddlesdown Correspondence: 20 Lower Barn Road, Purley, CR8 1HQ Tel: 020 8651 9442 Email:richardwragg@hotmail.co.uk Services Provided: A, B, F, L, M	Mon-Fri
17. Old Coulsdon Centre (for the retired) Old Coulsdon Centre, Grange Park, Coulsdon Road, Old Coulsdon, CR5 1EH Tel: 01737 554386 Email: occr@btinternet.com, Web: www.occftr.org Services Provided: B, C, D, H, I, J, L, M	10am-4pm Mon-Fri	23. Sanderstead Neighbourhood Care All Saints Hall, Onslow Gardens, Sanderstead, CR2 9AB Tel: 020 8657 8289 Email: sanderstead.neighbourhood.care@gmail.com Services Provided: A, B, F, I, L, M	10.00-12.30pm Mon-Fri
18. Parchmore Methodist Church and Community Centre 53 Parchmore Road, Thornton Heath, CR7 8LY Tel: 020 8653 7353 / 8998 Email: admin@parchmore.org / jenny@parchmore.org Web: www.parchmore.org Services Provided: B, F, H, I, J, L, M	9.30-4.00pm Mon-Fri	24. Selsdon Centre for the Retired Selsdon Community Centre (Next to Sainsbury's) 132 Addington Road, South Croydon, CR2 8LA Tel: 020 8651 1111 Email: selsdon.centre@btinternet.com, Web: www.selsdoncentre.org.u Services Provided: B, E, H, J, L, M	10.00-2.30pm Mon-Fri 10.00-3pm
19. Purley & Coulsdon Clubs for the Elderly (PACE) Dorothy Mortby Centre, 119 Lansdowne Road, Purley, CR8 2PE Tel: 020 8668 2270 Email: pace119@btinternet.com (Shopping bus to Tesco operates on Tuesdays - call to check availability and pick up/return times in your area) Services Provided: B, C, F, J, L	11.30-3.30pm Wed / 10.00-3pm Thur / 11.00-2pm Fri	25. Selsdon Contact Selsdon Community Centre, (Lower ground floor, Sainsbury's), 132 Addington Road, South Croydon, CR2 8LA Tel: 020 8651 4944 Email: info@selsdoncontact.org.uk, Web: www.selsdoncontact.org.uk Services Provided: A, C, D, E, F, G, I, K, L, M	Mon-Fri

#### **KEY TO SERVICES PROVIDED**

A. Be-friending / Support Services E. B. Lunch Clubs F. IT / Computer Support Shopping

C. Carers Respite / Support
D. Coffee Mornings/ Tea Parties G. Equipment for Hire
H. Exercise Classes Information and Advice

J. Day Centre/Pop in
K. Gardening
L. Outings and Events

M. Transport Scheme N. Dementia Support