

# CNCA Directory of Neighbourhood Care Services

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

This information is collated by Croydon Neighbourhood Care Association (CNCA)

> 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

Charity No. 1084451



<u>Updated September 2022</u> However, due to Covid-19, it is advisable to contact the organisation directly for further information. CNCA are an infrastructure charity who have operated in Croydon since 1998 and have a significant membership of Groups and Neighbourhood Cares across Croydon; all of whom provide essential support services for the over 65s. CNCA provides capacity building, fundraising support, information forums, advice and training support.

We have the only complex Befriending service in Croydon, providing home visits to frail, elderly, housebound people with complex needs and often a dementia diagnosis. Referrals predominantly come from statutory agencies, particularly social care, and we carry out a long term piece of work, supporting those very vulnerable clients to stay safe in their own homes. Alongside this, is a volunteer run telephone-Befriending service and a 'keeping in touch' service with ongoing communication to other agencies involved and any relatives or friends – especially those living a distance away or abroad.



0208 662 1000 — info@cnca.org.uk — www.cnca.org.uk

# Infrastructure Support Services Partners

## CNCA

Central Hall, Davidson Lodge, Freemasons Road, CR0 6PD Tel: 0208 662 1000 Email: info@cnca.org.uk www.cnca.org.uk

(see previous page for more about Croydon Neighbourhood Care Assoc.)

CEO: Sue McVicker sue@cnca.org.uk

### Asian Resource Centre of Croydon (ARCC)

CVA Resource Centre, 82 London Road, Croydon, CR0 2TB Email: info@arccltd.com Tel:020 8684 3784 www.arccltd.com

Bringing together Asian Communities & Businesses: supporting, developing and promoting voluntary/community activity that enhances the quality of life in Croydon.

CEO: Ima Miah ima.miah@arccltd.com

### **BME Forum**

56a Mitcham Road, Croydon CR0 3RG Telephone: 020 8684 3719, Email: info@bmeforum.org www.cbmeforum.org

The umbrella organisation for Croydon's Black & Minority Ethnic voluntary and community sector; engaging people, building capacity and promoting equality and cohesion.

CEO: Andrew Brown andrew@bmeforum.org

### **Croydon Voluntary Action (CVA)**

CVA Resource Centre, 82 London Road, Cróydon, CR0 2TB Tel: 020 8253 7060, Email: cva@cvalive.org.uk www.cvalive.org.uk/

The umbrella organisation supporting voluntary and community organisations in Croydon, in key areas such as fundraising, financial management, project planning, good governance, marketing and premises management.

CEO: Steve Phaure steve.phaure@cvalive.org.uk

# **Borough Wide Organisations**

### London Borough of Croydon Adult Social Services

Tel: 020 8726 6500, out of hours Tel: 020 8726 6000 www.croydon.gov.uk/healthsocial/adult-care

Adult social service referrals email: referral.team2@croydon.gov.uk

Alternatively, go to the website and fill out their referral form: https:// new.croydon.gov.uk/adult-health-and-social-care

### **Croydon Social Prescribing Programme**

Showing a better way to keep people healthy by bringing communities together and letting them take action. Link workers working with the NHS in GP surgeries. Finding the best ways of engaging with patients and the wider Croydon community, developing an array of locally based programmes proven to assist in their health self-management and supporting them through the transition of long-term behavioral change. These can be direct referrals to the programmes from GP's or self-referrals from any organization or individual.

### Age UK

81 Brigstock Road, Thornton Heath, Croydon, CR7 7JH Tel: 020 8683 7100 Email: aukc@ageukcroydon.org.uk

Empowering, enabling, supporting and connecting older people in the London Borough of Croydon to live well, healthily and independently. Help at home; Information & advice; Home from hospital & reablement; Personal safety & falls prevention; Healthier lifestyles; Nail care services.

Personal Independence Co-ordinators (PICS) providing personalised care support to individuals who are frail, vulnerable and in need of proactive and preventative planning.

Age UK's vision is to make the UK a great place to growolder by inspiring, supporting and enabling in a number of ways.

### **Carers Information Service**

24 George Street, CR0 1PB Tel: 020 8649 9339, option 1, Email: info@carersinfo.org.uk www.carersinfo.org.uk

# **Borough Wide Organisations**

#### **Croydon Mencap**

Portland House, 678 London Road, Thornton Heath, Croydon, CR7 7HU Tel: 020 8684 5890, Email: info@croydonmencap.org.uk Providing advice, information and support through a range of products and services.

### **Mind In Croydon**

26 Pampisford Road Purley Surrey CR8 2NE Tel: 020 8668 2210, Email: admin@mindincroydon.org.uk

### **Alzheimer's Society**

24 George St, Croydon CR0 1PB Tel: 020 8 663 5664 Email: croydon@alzheimers.org.uk

#### **Citizens Advice Croydon**

48-50 Portland Road, London SE25 4PQ **Tel: 0300 330 9095** Web: www.citizensadvicecroydon.org

### Your Care

The Croydon Equipment Service, 28 Boulogne Road, Croydon, CR0 2QT Tel:020 8664 8860

Showroom: YourCare (Croydon) Ltd, Croydon Living Independently Centre, 3 Imperial Way, Croydon CR0 4RR Tel: 020 8196 2231 Email: wecare@yourcare.corg.uk

Assistance with daily living with a range of mobility solutions and equipment.

### **Croydon Commitment Ltd**

Mott MacDonald, 8-10 Sydenham Road, Croydon, CRO 2EE Tel: 020 8774 3680 Email: info@croydoncommittment.org.uk

Helping Croydon businesses to achieve the best value and impact from business corporate social responsibility (CSR) activities to benefit local people and the environment.

### Hourglass Safer Ageing (formerly Action on Elder Abuse)

Online service Tel: 020 8835 9280 Email: timbuttle@wearehourglass.org Web: www.wearehourglass.org

The UK's only charity focused on the abuse and neglect of older people.

# Location of Neighbourhood Care Groups

# Map of Croydon (Localities)



# Member Groups

| 1.  | Addiscombe Neighbourhood Care Association                  | CE    |
|-----|--|-------|
| 2.  | Croham Hurst Good Neighbours                               | SW    |
| 3.  | New Addington Good Samaritans (NAGS)                       | SE    |
| 4.  | Old Coulsdon Centre (for the retired)                      | SW    |
| 5.  | Purley & Coulsdon Clubs for the Elderly (P.A.C.E)          | SW    |
| 6.  | Purley Cross Centre  | SW    |
| 7.  | Selsdon Contact  | SE    |
| 8.  | Shirley Neighbourhood Care Scheme                          | CE    |
| 9.  | South Norwood & Woodside Community Association (S.N.W.C.A) | SE    |
| 10. | Upper Norwood Association for Community Care (U.N.A.C.C)   | SE    |
| 11. | Westbury Community Project                                 | NW    |
| 12. | Abbeyfield Sanderstead Society Ltd                         | SW    |
| 13. | Abbeyfield Southern Oaks                                   | SW    |
| 14. | Boston Road Baptist Church                                 | CW    |
| 15. | Eastern Oasis Luncheon Club                                | SW    |
| 16. | Jagruti Women's Group                                      | NE    |
| 17. | Sanderstead Neighbourhood Care                             | SW    |
| 18. | Selsdon Centre for the Retired                             | SE    |
| 19. | South Croydon Day Centre for the Retired                   | CW    |
| 20. | St Andrew's Contact Group                                  | SW    |
| 21. | St Christopher's Hospice                                   |       |
| 22. | Waddon Community Outreach                                  | CW    |
| 23. | Advice Support Knowledge Information (ASKI)                | NE    |
| 24. | Croydon Hearing  |       |
| 25. | Croydon Vision   |       |
| 26. | Inaspectrum  | NE    |
| 27. | MHA Communities South London                               | SE    |
| 28. | Re-engage  |       |
| 29. | Stroke Action Croydon                                      | NW/CW |
| 30. | 50 Plus Online Café: 50pluscafé net                        |       |
| 31. | Wellbeing You Ltd  | SW    |
| 32. | Ministry of Empowerment                                    | NE    |
|     |  |       |

| <b>1. Addiscombe Neighbourhood Care Association (A.N.C.A)</b><br>The ANCA Office, St. Mildred's Centre, 30 Bingham Road, Croydon, CR0 7EB<br>Tel: 020 8654 5062<br>Email: info@anca.org.uk, Web: www.anca.org.uk<br>Services Provided: A, B, C, F, G, H, I, K, L, M,                                     | 9.30am -<br>12noon<br>Mon-Fri                        |
|--|--|
| 2. Croham Hurst Good Neighbours<br>CHGN Office, 52 Croham Road (off Morton Rd)<br>Croydon, CR2 7BA<br>Tel: 020 8649 9678<br>Email: chgnoffice@gmail.com Web: www.chgn.co.uk<br>Services Provided: A, C, E, F, K, L, M  | 10am -<br>12.30pm<br>Mon - Thur                      |
| <b>3. New Addington Good Samaritans</b><br>The Pop-In, 1 Salcot Crescent, New Addington, CR0 0JG<br>Tel: 01689 841176<br>Email: nagspopin@btconnect.com, Web: www.cnca.org.uk/newaddington<br><b>Services Provided: B, D, G, H, I, J, L, M</b>   | 9am - 4pm<br>Mon - Fri<br>(closes at 2pm<br>on Tues) |
| <ul> <li>4. Old Coulsdon Centre (for the retired)</li> <li>Old Coulsdon Centre, Grange Park, Coulsdon Road, Old Coulsdon, CR5 1EH<br/>Tel: 01737 554 386</li> <li>Email: occr@btinternet.com tonysalescentre@aol.com,<br/>Web: www.occftr.org</li> <li>Services Provided: A, C, E, F, K, L, M</li> </ul> | 1pm-5pm<br>Mon, Wed, Fri                             |

| 5. Purley & Coulsdon Club For the Eideny (PACE)                               | 10.30am-     |
|---|--------------|
| Dorothy Morby Centre, 119 Lansdowne Rd, Purley CR8 2PE                        | 3.30pm Weds. |
| 0208 668 2270 email: pace119@btinternet.com                                   | 10.30am -    |
| (Shopping bus to Tesco operates Tues, Call to check availability, pick up and | 3.30pm Fri.  |
| 3   | Sarah Crane  |

### **KEY TO SERVICES PROVIDED**

- A. Be-friending / Support Services
- B. Lunch Clubs
- C. Carers Respite / Support
- D. Coffee Mornings/ Tea Parties
- IT / Computer Support
- E. F. Shopping G.

H.

- Equipment for Hire
- Exercise Classes

| 6. Purley Cross Centre (Community Information)<br>Purley Baptist Church Foyer, Banstead Rd CR8 3EA<br>Tel: 020 8668 4189<br>Email: manager@purleycrosscentre.org/info@purleycross.org<br>Web: www.purleycrosscentre.org<br>Services Provided: E, I   | 10am - 4pm<br>Mon - Thurs<br>10am - 2pm Fri                          |
|--|--|
| <ul> <li>7. Selsdon Contact</li> <li>Selsdon Community Centre, (Lower ground floor, Sainsbury's), 132 Addington Road,</li> <li>South Croydon, CR2 8LA</li> <li>Tel: 020 8651 4944</li> <li>Email: info@selsdoncontact.org.uk, Web: www.selsdoncontact.org.uk</li> <li>Services Provided: A, C, D, E, F, G, I, K, L, M</li> </ul> | 10am– 3pm<br>Mon-Fri   |
| <ul> <li>8. Shirley Neighbourhood Care Scheme</li> <li>West Wickham &amp; Shirley Baptist Church, Wickham Rd, Croydon CR0<br/>8EH</li> <li>Tel: 020 8662 9599</li> <li>Email: sncs@shirleyneighbourhoodcare.co.uk,</li> <li>Web: shirleyneighbourhoodcare.co.uk</li> <li>Services Provided: A, B, F, L M</li> </ul>              | 10am -<br>12.30pm<br>Mon - Fri                                       |
| 9. South Norwood and Woodside Community Association<br>(S.N.W.C.A)<br>Spurgeons College, 189 South Norwood Hill, SE25 6DJ<br>Tel: 020 8768 2698<br>Email: snwca@hotmail.co.uk<br>Services Provided: B, F, H, J, L (hearing & chiropody clinic)   | 10am - 2pm<br>Mon & Thurs<br>(lunch club)<br>Wed & Fri<br>(shopping) |

- I. Information and Advice
- J. Day Centre/Pop in

K. Gardening

L. Outings and Events

M. Transport Scheme N. Dementia Support

| <b>10. Upper Norwood Association for Community Care (UNACC)</b><br>The Waterside Centre, 26 Avenue Road, London, SE25 4DX<br>Tel: 020 8771 6886<br>Email: info@unacc.org.uk, Web: www.unacc.org.uk<br>Services Provided: B, D, E, H, I, J, L (also art classes & film club)   | 9.30am-2.30pm<br>Mon –Wed &<br>Fri                                     |
|---|--|
| <b>11. Westbury Community Project</b><br>Mercedes Amos Day Centre<br>Byers Memorial Hall, 183 Handcroft Road, Broad Green, Croydon, CR0<br>3LF<br>Tel: 020 8664 8101<br>Email: westburycomproj@aol.com<br>Services Provided: B, E, H, I, J, L, M, N   | 10am-4pm<br>Tue-Thur<br>(centre open)<br>Office also<br>open Mon & Fri |
| <b>12. Abbeyfield Sanderstead Society Ltd</b><br>2 Beechwood Road, Sanderstead, South Croydon, CR2 0AA<br>Tel: 020 8657 6668 (House Manager) 020 8768 3737 (Office only)<br>Email: afldsan@tiscali.co.uk, Web: www.abbeyfield.com/Sanderstead<br>Services Provided: D (On occasion - please call for further details) | Tues 9am -3pm<br>Thurs 9am -<br>1pm                                    |
| <b>13. Abbeyfield Southern Oaks</b><br>Nonsuch Abbeyfield, Old Schools Lane, Ewell KT17 1FL<br>Tel: 020 8394 0050<br>Email: joanne.taylor@abbeyfieldsouthernoaks.org  | Call for<br>information  |
| <b>14. Boston Road Lunch Club</b> (temporarily closed at 18/5/22)<br>Boston Road Baptist Church<br>55 Boston Road, Croydon CR0 3EJ<br>Tel 07940 504 873 Email: ruthieallison55@gmail.com<br>Services Provided B   | Friday<br>11.30am -2pm   |
| <b>15. Eastern Oasis Luncheon Club</b><br>Correspondence: 71 Woodcote Grove Road, Coulsdon, CR5 2AL<br>Meets at: West Thornton Community Centre, 731-735 London Rd,<br>Thornton Heath CR7 6AU<br>Tel: 020 8683 2996 or 07956 219163 Email: shkdarr@gmail.com .<br>Services Provided: B, H, J                          | 12noon - 3pm<br>Mon and Fri  |

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

- A. Be-friending / Support Services
- B. Lunch Clubs
- C. Carers Respite / Support
- D. Coffee Mornings/ Tea Parties
- E. IT / Computer Support
- F. Shopping
- G. Equipment for Hire
- H. Exercise Classes

#### 16. Jagruti Women's Group Correspondence: 9 Wessex Court, 15 Bickley Road, Bromley, BR1 1pm –4pm 2ND Meets at: Winterbourne Youth Centre, 28 Winterbourne Tues Term Time Road, Thornton Heath, CR7 7QT Tel: 020 3719 1804 Email: info@jagrutiwomens.co.uk, Web: www.jagrutiwomens.co.uk Services Provided: H, J, L, I (snacks provided) 10.00 - 12-30pm 17. Sanderstead Neighbourhood Care Mon - Fri All Saints Hall, Onslow Gardens, Sanderstead, CR2 9AB Tel: 020 8657 8289 Email: sanderstead.neighbourhood.care@gmail.com Services Provided: A, F, I, L, M, B (alternative Fri) 18. Selsdon Centre for the Retired Selsdon Community Centre (entrance inside the Sainsburys building) 9am - 3pm Mon, Wed, Fri 132 Addington Road, South Croydon, CR2 8LA Tel: 020 8651 1111 Email: selsdon.centre@btinternet.com, Web: www.selsdoncentre.org.uk Services Provided: B, E, H, J, L, M 19. South Croydon Day Centre for the Retired 10am - 4pm Rear St. Peter's Hall, Ledbury Road, Croydon, CR0 1EP Mon and Thurs Tel: 020 8681 7948 Email: office@southcroydoncentre.org, Web: www.southcroydondc.org Services Provided: B, D, H, I, J, L, M 20. St. Andrew's Contact Group Pop in every 2nd St Andrew's Church, Woodmansterne Road, Coulsdon, CR5 2DD Tuesday in the Tel: 01737 555996 Email: contactgroup@standrews.coulsdon.net month Web: www.standrews.coulsdon.net from 2-4pm Services Provided: A, D, I, J, L, M Monica Jefford

#### 21. St. Christopher's Hospice

51-59 Lawrie Park Rd, Sydenham, London SE26 6DZ Tel: 020 8768 4500 Email: info@stchristophers.org.uk

- I. Information and Advice
- J. Day Centre/Pop in
- K. Gardening
- L. Outings and Events

M. Transport Scheme N. Dementia Support Unrestricted

| <b>22. Waddon Community Outreach</b><br>Church House, Barrow Road, Waddon, Croydon, CR0 4EZ<br>Tel: 07984112804<br>Email: stgeorgewaddon@hotmail.com carolmilgate@hotmail.com<br>Services Provided: A, B (term time only), D, E, H (outside on Purley<br>playing fields, J      | 10am-4pm<br>Tue-Thur  |
|---|---|
| <b>23. Advice Support Knowledge Information (ASKI)</b><br>Correspondence: 33 Brigstock Road, Thornton Heath Croydon, CR7 7JJ<br>Tel: 020 8683 2191 / 07759 194 567<br>Email: info@aski.org.uk Web: www.aski.org.uk<br>Services Provided: A, B,(1st Wed of the month) D, E, H, L | 10am-4pm<br>Mon-Fri. Sat -<br>community<br>café<br>10am-3pm |
| <b>24. Croydon Hearing</b><br>Croydon Hearing Resource Centre, Stafford House. 19 Stafford Road.<br>Croydon. CR0 4NG.<br>Tel: 020 8686 0049 Email: hello@croydonhearing.org.uk  | Call for<br>details   |
| <b>25. Croydon Vision</b><br>Bedford Hall, 72074 Wellesley Rd, Croydon CR) 2AR<br>Tel: 020 8688 2486 Email: info@croydonvision.org.uk   | Call for<br>details   |
| <b>26. Inaspectrum</b><br>Correspondence: 72 Falkland Park Avenue, South Norwood,<br>SE25 6SH<br>Tel: 07900 990292<br>Email: inaspectrum@hotmail.com<br>Web: www.inaspectrum.com /www.meetup.com/inaspectrum  | Call for<br>details   |
| <b>27. MHA Communites South London</b><br>17 Shirley Church Road, Croydon CR9 5AL<br>Tel: 07597135220 Email: southlondon@mha.org.uk   | Call for<br>details and<br>events                           |

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

- A. Be-friending / Support Services
- B. Lunch Clubs
- C. Carers Respite / Support
- D. Coffee Mornings/ Tea Parties
- IT / Computer Support
- E. IT / Comp F. Shopping
- G. Equipment for Hire
- H. Exercise Classes

#### 28. Re-Engage (formerly Contact the Elderly)

2 Grosvenor Gardens, London SW1W 0DH Tel: 020 8017 8240 Email: jane.vasudevan@reengage.org.uk www.reengage.org.uk

#### 29. Stroke Action Croydon

CVA Resource Centre, 82 London Road, CR0 2TB Tel: 07903 052 577 Email: Strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon.org Services Provided: H, L

30. 50 Plus Online Café: 50pluscafé.net

11am - 3pm 2nd and 3rd

Tuesdays

monthly

Web Based Platform

Join our online 50plus café.net we offer an interactive website whereby you can make friends and gain support through your community. Tel: 07813 943 840 Email: 50pluscafe.forum@gmail.com Web: www.50plusonlinecafe.com Services Provided: A, I and employment/training & health issues

**31. Wellbeing You Ltd** Correspondence: Weatherill House Business Centre, 23 Whitestone Way, Croydon, CR0 4WF Tel: 07870 508790 Web: www.wellbeingyou.org Email: swk@wellbeingyou.org Services Provided: B, H, I, L

#### 32. Ministry of Empowerment

Cornerstone House, 14 Willis Road, Croydon, Surrey CR0 2XX Email: Dorothy@moe-online.org.uk Tel; 0208 684 5857 Services Provided J Call for details

Mon-Fri 10am-4pm

- I. Information and Advice
- J. Day Centre/Pop in

K. Gardening

L. Outings and Events

M. Transport Scheme N. Dementia Support

3

Call for details

# Additional Organisations

St Francis, Monks Hill 146 Tedder Rd, South Croydon CR2 8AH 020 8657 7864 stfrancisselsdon@gmail.com www.stfrancismonkshill.org.uk Over 50s Club

Croydon Asian Women's Organisation 89 Galpins Rd, Thornton Heath CR7 6EN 020 8409 1152

Fieldway Over 50s Fieldway Community Centre, Fieldway, New Addington CR0 9AZ 01689 842682

Age Unlimited Enriching Skills Airport House, Purley Way, Croydon CR0 0XZ 020 8651 1343

Silver Line Free phone support for older people, 24 hours a day. Tel: 0800 470 8090 Website: www.thesilverline.org.uk

Dementia Café Memory Café The Prince George Pub, 2 High Street, Thornton Heath, CR7 8LE 020 8664 9527

Carers Information Service 24 George Street, CR0 1PB Tel: 020 8649 9339, option 1, Email: info@carersinfo.org.uk www.carersinfo.org.uk

The Oddfellows (friendly society. Care & advice, support, social events. enquiries@oddfellows.co.uk www.oddfellows.co.uk

# Additional Organisations

# SPECIAL SHELTERED HOUSING & RESIDENTIAL CARE:

Brookhurst Court 190 Selhurst Rd, South Norwood, London SE25 6XX 080 8771 7560

Freeman Court 94 Stanford Rd, Norbury, London SW16 4QR 020 8679 3587

Frylands Court 24 Hutchingsons Rd, New Addington, Croydon CR0 0BD 01689 847233

Southsea Court 1/41 Eastney Rd, Croydon CR0 3TB 020 8680 2831

Toldene Court 106 Tollers lane, Old Coulsdon, Croydon CR5 1BD 01737 556101

Truscott House 14 Stanley Grove, West Croydon CR0 3QU 020 8684 9263

Peony Court (Barchester Healthcare) 58 Addiscombe Road, Croydon, CR0 5PH Tel: 020 8649 8800 www.barchester.com/home/peony-court-care-home (residential care, respite care and short stays, activities)

## DAY CARE:

#### 1596 Club at Whitgfit Care

Whitgift House, 76 Brighton Road, South Croydon, Surrey, CR2 6AB Wilhelmina House, 21 Park Hill Rise, Croydon, Surrey, CR0 5JF Tel: 020 8256 1596 www.whitgiftcare.co.uk

# **Useful contacts**

#### **Care Friends Croydon**

(part of Careline) Tel: 020 8054 9744

#### Be on Hand

Tel: 020 3488 2912 Email: hello@beonhand.co.uk

#### **Rowland Brothers Funeral Directors**

299-303 Whitehorse Lane, Croydon CR0 2HR 020 8684 1667

#### LIFE Team

main number - for hospital discharges with reablement (physio/social worker/OT) - 020 8274 6974 Janine Walker 020 8651 0537 or 07538 842470

#### The South London Law Centre

Croydon, 5th Floor, Davis House, Robert Street, Croydon CR0 1QQ Tel: 020 8767 2777 (10.30-11.30am, Mon-Fri) Enquiries@swllc.org.uk

## TRANSPORT:

Croydon Accessible Transport 14 Willis Rd, Croydon CR0 2XX 020 8665 0861 admin@croydonaccessibletransport.org.uk

1596 Club at Whitgift Care Whitgift House, 76 Brighton Rd, South Croydon CR2 6AB 020 8760 0472 www.whitgiftcare.co.uk

Dial a ride 0343 222 7777 dar@tfl.gov.uk

East Surrey Dial a Ride Douglas Brunton Day Centre Park Road, Caterham CR3 5TA 01883 349001

| <b>Balance and Movement</b><br>Age UK Croydon, 81 Brigstock Rd, Thornton Heath, Croydon CR7<br>7JH<br>Tel:020 8680 5450 Email:aukc@ageukcroydon.org.uk                   | Monday<br>10 - 11am                                    |
|--|--|
| <b>Zumba Class</b><br>Upper Norwood Library Hub, 39-41 Westow Hill, SE19 1TJ   | Monday<br>7 - 8pm                                      |
| Age UK Croydon, 81 Brigstock Rd, Thornton Heath, Croydon CR7<br>7JH<br>Tel:020 8680 5450 Email:aukc@ageukcroydon.org.uk  | Wednesday<br>9.30 - 10.30am<br>&<br>10.45 -<br>11.45am |
| <b>Over 50s Exercise Class</b><br>St Paul's Church, St Paul's Rd, Thornton heath, Croydon CR7 8NB<br>Tel: 020 8768 5387  | Tues & Thurs<br>11 - 12                                |
| <b>Yoga Class</b><br>St John's Church, 2 Sylvan Rd, London SE19 2RX<br>Tel: 020 8768 5387  | Wednesday  |
| Wednesday<br>Waterside Centre, 26 Avenue Rd, South Norwood SE25 4DX<br>Tel: 020 8771 0297  | Tues & Wed   |
| <b>Tai Chi</b><br>Broad Green Tai Chi Group, 96-98 High St, Croydon CR0 1ND<br>020 8240 0815 Email: larpeg36@yahoo.co.u  | Thursday<br>10.30 -<br>11.30am                         |
| Various activities<br>Peony Court (Barchester Healthcare)<br>58 Addiscombe Road, Croydon, CR0 5PH<br>Tel: 020 8649 8800<br>www.barchester.com/home/peony-court-care-home | Check website<br>or call to see<br>what's on.          |

# **CNCA Membership Services**

Our membership is open to everyone, for example you may have a once a week lunch club or offer just one or two services, but no organisation is too small. If you cater for the over 65s, you can become a member and have access to a range of services, advice and information. 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 directory
- 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

# **CNCA's Befriending Service**

# We are able to provide support to people who meet the following criteria:

- Elderly vulnerable people with complex needs or carers of these people
- Living alone and isolated
- Must live in London Borough of Croydon
- Housebound
- Minimum of 65 years old

## Open: Mon - Thurs, 9.30am– 4.00pm Phone: 020 8654 4440 Email: info@cnca.org.uk



Davidson Lodge Freemasons Rd Croydon CR0 6PD

Tel: 020 8662 1000 Befriending Service tel: 020 8654 4440 info@cnca.org.uk www.cnca.org.uk

Have you signed up to receive our bulletin? Contact info@cnca.org.uk.

London Borough of Croydon: www.croydon.gov.uk

To receive e-updates and newsletters from CVA: <u>https://cvalive.org.uk/news/</u>

# **DISCLAIMER:**

This directory is updated by Croydon Neighbourhood Care Association every 3 months. If you have a copy that is older than this, please contact the office on 020 8662 1000 for an up to date version.

Please be aware that if you send out an older version of this booklet, the information may not be up to date.

If you work with over 65s and are interested in becoming a member of CNCA and included in this directory, please contact us on the number above or by email: info@cnca.org.uk.

