



**Croydon
Neighbourhood
Care**

Bulletin

**Edition 13
Date: 17th September**

*Have you heard?
We're back in
the office!*

At CNCA we are in the process of a phased return to our office. Unfortunately, we cannot accept visitors at this time.

You can contact us at info@cnca.org.uk or call 020 8662 1000.

Our DBS Service

At CNCA our DBS service is up and running again. Please contact us at info@cnca.org.uk or by telephone on 020 8662 1000 (unfortunately, we cannot currently accept visitors).

The New Social Gathering Rules

Following the Government's announcement and the new rules from 14/09/20, more clarification on how this will affect your group or lunch club can be found here

Coronavirus Outbreak AQs: What can and can't be done:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

The guidance on safe use of multi-purpose community facilities has also been updated to take account of changes to rules around social gatherings <https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of->

Please submit any information you would like included in the next bulletin by Monday 28th September to info@cnca.org.uk

Please keep sharing your good news stories and any updates/issues info@cnca.org.uk



Upper Norwood Association for Community Care (UNACC) have been open since 1st September on their usual days and times. There is now a booking system in place which can be found on their website www.unacc.org.uk and they are taking all the necessary COVID precautions.

Since March, all the time they were closed, they provided a hot meal delivery service every week and are still doing so to clients that can't attend. They are offering socially distanced nordic walking, yoga, dance and chair based exercises.



Carers Support Centre Update

The staff team from the Carers Information Service, which runs the Carers Support Centre, continue to work flexibly from home and in the office. Although we are sadly not able to open the drop-in to the public yet, due to the ongoing social distancing requirements, we are available on the phone, via email and using Zoom. We hope to be able to offer face to face appointments in the Centre when it is felt safe to do so.

For specific services that we offer, please use the following contact details:

- **Information and advice:** 020 8649 9339, option 1 (leave a message with your number and a member of staff will call you back) or email info@carersinfo.org.uk.
- **Carer's assessments:** 020 8663 5664 or email assessments@carersinfo.org.uk
- **SEND/EHCP information and advice:** 020 8649 6283 or email astridmacabee@carersinfo.org.uk.
- **Bereavement support:** 020 8649 6280 or email tanyafitzgerald@carersinfo.org.uk
- **Room hire:** 020 8663 5600 or email bookings@carersinfo.org.uk
- **Online health and wellbeing activities:** chrisjeffree@carersinfo.org.uk
- **Urgent help:** 07802 657 573 or email helenthompson@carersinfo.org.uk

New monthly bereavement café themed sessions via zoom

The Bereavement Cafe is somewhere you can speak freely and share stories with others coping with losing a loved one. It is a space to talk about the pain of loss but also to find courage and strength in knowing you are not alone. Each session covers a different theme around bereavement. Anyone who has experienced the loss of someone close to them, no matter how recent or long ago, is welcome to join. The café is not bereavement counselling and is facilitated by the Carers Bereavement Counsellor. Sessions will be held on the first Tuesday of every month from 2.30pm to 4pm - the next café will be on **Tuesday 6 October** and will focus on remembering and missing the person you cared for and the emotions this creates for you.

For the zoom invitation link and further information on future themes and dates, please email TanyaFitzgerald@carersinfo.org.uk or call 020 8649 6280.

Autumn Digital Online Training Sessions

Superhighways runs a series of training events to help small charities and community groups in London do more with digital and data - providing advice, training and IT support to help them be more effective, work smarter, raise their profile, and demonstrate their impact using digital technology. See their programme of events here:

<https://www.eventbrite.co.uk/o/superhighways-308927460>