

**CAN YOU HELP?** We are raising money to provide Christmas Gift Boxes to our elderly, vulnerable and extremely isolated clients in the Croydon borough. Any amount you can give will make let them know they are not forgotten and that people do care. You can donate here: [www.justgiving.com/crowdfunding/cnca](http://www.justgiving.com/crowdfunding/cnca)



## CNCA's Members Forum

Will take place on 25th November via Zoom

The meeting will run from 10am – 11.30am for all groups and then continue until 12pm for those groups being monitored by CNCA.

Please let us know if you would like to attend . We will send the Zoom details with the agenda on Monday 23<sup>rd</sup> November.

## Support Croydon Neighbourhood Care Association

When you shop at [smile.amazon.co.uk](http://smile.amazon.co.uk), Amazon Donates

Visit [smile.amazon.co.uk](http://smile.amazon.co.uk)

[smile.amazon.co.uk](http://smile.amazon.co.uk)

THE  
**ABLE**<sup>®</sup>  
LABEL

The Able Label provides quality, stylish clothing with adapted designs & hidden extras that make self-dressing easier for those with dressing difficulties.

[www.ablelabel.com](http://www.ablelabel.com)

## Funding ↓

Wave four of the London Community Response has launched. The application form and guidance can be found on the [London Community Response](http://LondonCommunityResponse.org.uk) site. The Mayor has contributed an additional £1.4m to this wave, which is to support groups to meet emergency need over the winter. The fund is focusing on organisations that are led by and for marginalised communities; that are reach people at high risk of negative impacts from covid-19; and groups that have a turnover of less than £1m a year. Deadline for applications is 3<sup>rd</sup> of December.

Relief in Need are keen to hear about projects specifically of benefit to older people in Croydon.

The closing date for their next round of applications is 14<sup>th</sup> December and these will be considered in January 2021. There are 2 grants, under £5k and over £5k.

For further information, please contact Lisa Taylor [lisatalor@croydonalms](mailto:lisatalor@croydonalms)

[houses.org.uk](http://houses.org.uk) Tel: 07956333567 <http://www.croydonalms.org.uk/how-to-apply-for-grant.html>

[www.croydonalms.org.uk/how-to-apply-for-grant.html](http://www.croydonalms.org.uk/how-to-apply-for-grant.html)



Some Useful information from NCHO to help you decide what steps you and your charity or voluntary organisation need to take in light of the spread of the covid-19 virus.

<https://knowhow.ncvo.org.uk/coronavirus>

## JOIN US FOR NORDIC WALKS



### FUN, FITNESS & FRIENDSHIP AND ITS FREE

Sponsored By MAYOR OF LONDON  
Nordic walking is the fast growing, total-body version of walking that can be enjoyed by non-athletes as a health-promoting physical activity. The activity is performed with specially designed walking poles similar to ski poles which we provide for free.

FRIDAY'S 1.00-2.30PM

27 Nov 2020 - 12 Feb 2021\*\*

\*\*Not Christmas or New Years Day

BRITISH NORDIC WALKING ASSOCIATION IN PARTNER WITH YBS LIMITED

## »» FUN, FITNESS & FRIENDSHIP NORDIC WALKING

FRI. 27 NOV 2020  
ONLINE

FRIDAYS ONLY  
4 DEC 2020 TO  
12 FEB 2021

- Limited number of guests allowed so confirm your place and contact Adam. See Below.
- Please arrive at the venue 12.30pm Fri 4 Dec promptly for a 1pm start.
- Selhurst Sports Arena (next door to the Brit School), Dagnall Park London, SE25 5PH (nearest railway station, Selhurst)
- Sessions from Fri 11 Dec will take place from 1pm – 2.30pm (12.30 meet) at:
  - Wandle Park, Cornwall Road Croydon, CR0 3RD (nearest railway station, West Croydon or tram service Route 5, Wandle Park)

ALL Sessions will be fully COVID compliant and in line with Government Guidelines.

### TO CONFIRM YOUR PLACE

Call Adam 07429 393 972  
email [athornton@communitiesfirstuk.com](mailto:athornton@communitiesfirstuk.com)

FOR ANY CONCERNS, REACH OUT TO OUR STAFF.

## AGE UK Telephone Friendship Scheme

A friendly chat when you need it..... Thousands of older people have made lasting friendships, or simply enjoyed a chat when they wanted one, through their free telephone friendship service and the Silver Line helpline. [Sign Up Here](#)

## CROYDON TRADING STANDARDS COMMUNITY ALERT

Scams - Fraud

Please note we have had reports of scam calls related to HMRC/Inland Revenue and alleged arrest warrants.

HMRC would never contact you by phone in an automated fashion asking for you to press numbers to hear options. They would write to you if they needed to contact you.

We have also been informed of scam Amazon calls from foreign numbers. The caller asks to talk about your account and asks you to press 1. Pressing numbers could mean you are diverted to premium rate phone lines. **If you receive any calls like this please DO NOT RESPOND. Just hang up immediately!**

To avoid becoming a victim of this kind of fraud there are several things you can do to protect yourself:

Register home and mobile numbers with the Telephone Preference Service to reduce the number of cold calls you receive at <https://www.tpsonline.org.uk/register> or call 0345 070 0707

Consider using your phone providers own protection eg BT Call Protect, Sky Talk Shield. Call your provider and see what they can offer to protect you from nuisance calls.

**NEVER GIVE PERSONAL INFORMATION OR YOUR BANKING DETAILS TO SOMEONE OVER THE PHONE – especially if they called you.**

Re HMRC, Inland Revenue or Tax scams, you can also email HMRC giving as much detail as possible about the call and at least include the phone number the call was from or the number you are being asked to call. Report to: [phishing@hmrc.gov.uk](mailto:phishing@hmrc.gov.uk) If you receive a scam text re HMRC, Inland Revenue or Tax please forward the text to 60599 then delete the message. DO NOT RESPOND DIRECTLY.

Please remember to report to Action Fraud 0300 123 2040 or Citizens Advice Consumer Helpline 0808 223 1133 if you have actually been the victim of a scam.

Here at CNCA we build up great friendships with all our clients and it never gets any easier when we have to say goodbye to them when they pass away. While we sit chatting with them whether it be over a cup of tea or over the telephone we take great interest in hearing all about their earlier years, none more so than a lovely lady called Antoinette who we spent over four years befriending. During the 283 + hours we spent with her she shared her life story with us, and we were blown away. Sadly, Antoinette passed away in September at the grand age of 92.



Antoinette was born in France in 1928 into the family of a famous juggling troupe which her father had formed in 1900. Antoinette travelled with her parents all over Europe and America in both circuses and theatres including The London Palladium until 1939 when sadly war broke out. Her parents set up their own resistance movement from their home in Aurillac, France to combat the occupying German forces, her mother would give English lessons prohibited under the occupation to the children of Aurillac in secret and helped British soldiers to pass the Spanish border. A few years later the couple received the medal of recognition for helping prisoners of war as an "expression of gratitude from the Royal air force and Antoinette received The Legion of Honour which is the highest French order of merit for military and civil merits. When war was over 17 year old Antoinette began performing with her parents as the new line up of "The Mongadors", Antoinette known professionally as 'Ninette' had great technical talent and one of the highlights of the act was her ability to juggle five of the enormous clubs that the Mongador troupe had always been known for using which were heavy. After her father passed away in 1959 her mother decided to settle in Norbury and left Antoinette to continue the show alone, however after constantly travelling most of her life she decided to hang up her clubs moved in with her mother who she was extremely close to and became a journalist for the BBC. Antoinette was so proud of what she achieved and once said "I was lucky to belong to a big entertainment family. The best juggling troupe in Europe and then in America"



1. Antoinette could juggle up to 5 clubs. 2. With her Mother. 3. With her Mother & Father.

## Croydon Hearing

We are a small local charity that has been supporting Croydon residents with a hearing loss for nearly 40 years. We have 6 members of staff who carry out a variety of different services for our organisation on behalf of the NHS and Croydon Council with the intention of being a one stop shop for people with hearing impairment to get the support that they need. Our service alleviates the need for GP, hospital and Council appointments as well as reduces the waiting times for those appointments. Our services have been adapted in line with government and medical guidance and are free, they include;

- Hearing Aid Maintenance (includes re-tubing and minor repairs)
- Free NHS batteries
- Advice & Information
- Assistive Equipment Support
- Home Visits
- Contactless Appointments

### What we need the venue for;

We carry out community surgeries which cover all localities in the borough, these community surgeries allow us to bring our services locally to our clients. Due to the pandemic we have changed these surgeries to be appointment only.

### What we are looking for;

- A clean, open, space, big enough to have a separate working area and client waiting area in the same room.
- Use of tables and chairs.
- Hours of use 09:30 – 13:30 or 09:30 – 15:30 where possible, this would be on a monthly basis.
- A reasonable fee, if a fee is required at all.
- Able to let us operate during any lockdown as we are an essential service working with the NHS.
- Disability accessible.
- Car park or nearby street parking.

### Locations

Area's in the north of the borough.



## SHIRLEY NEIGHBOURHOOD CARE SCHEME

will be organising a Christmas gift bag delivery to over 200 lonely elders in Shirley on Saturday 12 December. Anyone who would like to donate a gift can drop them off at the Shirley Co-Op on Wickham Road or contact Suzy for more info at [sncs@shirleyneighbourhoodcare.co.uk](mailto:sncs@shirleyneighbourhoodcare.co.uk)



**UNACC** have resumed their Chef's excellent takeaway service of freshly cooked then frozen meals and delivering these to their members' homes. If any Groups would be interested in using this service at a cost of £4.50 per meal, please contact Natalie at [info@unacc.org.uk](mailto:info@unacc.org.uk).



## Volunteer Coordinators' Forum

24 November 2020

The online session, run by Hilary Bell from our Volunteer Centre, will cover current issues such as recruitment, flexibility for roles and training as well as building a team of remote volunteers.

[Book here](#)

Find the latest CVA news here:

<https://mailchi.mp/cvalive.org.uk/keep-connected-covid19update11-november2020-115888?e=0a1eeee1ef>

The CNCA bulletin is issued every 2 weeks. If you've been forwarded this and would like to subscribe, please contact us at [info@cnca.org.uk](mailto:info@cnca.org.uk).

Please keep sharing your good news stories and any updates/issues  
[info@cnca.org.uk](mailto:info@cnca.org.uk)