

## **CNCA March 2021 update:**

**Our Befriending Service:** CNCA run the only complex befriending service in the borough. Many of our clients are housebound, isolated and vulnerable, often having a dementia diagnosis. This month, so far, we have recorded spending a total of 69 hours on befriending calls to our clients. Living through this pandemic has been particularly difficult for our old folk especially for those living alone as they feel extremely isolated. Both our befrienders and fantastic volunteers have worked effortlessly to keep the door of communication open, calling many of our clients twice weekly or even more if required. We chat about anything from current affairs to the weather and we know our calls make such a difference to so many. Margaret, our befriending co-ordinator has attended social worker meetings, picking up complex cases. We have been in contact with GPs and provided help with shopping and prescriptions.

**Our member groups:** We have been working closely with our member groups and in the last month, we have increased hits to our website, shared funding and training opportunities along with many Council and Covid-19 updates. We are currently looking at Government legislation around re-opening and getting the over 65s back out into their groups and lunch clubs.

If you work with the over 65s, however small your organization may be, and you're not already a member group, please get in touch with us at [info@cnca.org.uk](mailto:info@cnca.org.uk) for more information.

**Our DBS Service** is open and we are processing applications. If you need an enhanced disclosure & barring for your organisation, have any queries or to register with us, please contact [linda@cnca.org.uk](mailto:linda@cnca.org.uk).

**Joint event:** This week we were involved in another Partnership event - a zoom Covid-19 Update joint event with our partners Croydon BME Forum, Asian Resource Centre Croydon and Croydon Voluntary Action. Questions were answered about the new virus variants and updates were given on the vaccines by a panel of expert Doctors and Public Health leads.

**Follow us on Facebook:** [@croydonneighbourhoodcareassociation](https://www.facebook.com/croydonneighbourhoodcareassociation); **Twitter:** [@CroydonNC](https://twitter.com/CroydonNC);  
**Instagram:** [@croydonneighbourhoodcare](https://www.instagram.com/croydonneighbourhoodcare) **Visit our website here:** [www.cnca.org.uk](http://www.cnca.org.uk)

### **Lateral Flow Testing:**

If you need to leave home to provide community or volunteering services, including visiting a council building, you can now have regular COVID tests within Croydon Council's current COVID test offering. You can book your testing appointment at one of the four sites across the borough:

**Croydon Clocktower:** Weekdays 7:30am –5:30pm Saturday 8:30am – 1:30pm

**The Libraries at Norbury, Coulsdon and Selsdon:** Weekdays: 8:00am – 6:00pm Saturday 8:30am -1:30pm

Please [click here](#) for full details, including the link to book an appointment.



**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).**



# March Newsletter

We are currently running the following online Zoom groups:

### Monday's - General Fitness/Cardio

Get fit and build strength with these rewarding fitness sessions. You will work at your own pace and with the support of an experienced trainer, who can adapt the exercises to suit your needs.

Location: Zoom - contact team for info  
Time: 12pm

### Thursday's - Mindfulness

Our patient and experienced teacher will guide you through ways to focus your mind, taking you into a relaxed and calm place, using breathing, visualisation and movement.

Location: Zoom - contact team for info  
Time: 1pm

### Tuesday's

#### Low Impact Activity

If you want to exercise, but are injured or over 55 and find it more of a struggle, our experienced trainer will build up your fitness with specially adapted exercises.

Location: Zoom - contact team for info  
Time: 12pm

#### Yoga

Use gentle stretches and deep breaths to calm your mind and body, all under the guidance of our knowledgeable teacher.

Location: Zoom - contact team for info  
Time: 3pm

### Friday's - Relaxation

Listening to calming music and a soothing voice will guide you into a place of pure calm. Our lovely teacher will help you to build skills that you can use to relax your mind and body.

Location: Zoom - contact team for info  
Time: 1pm

### Wednesday - Allotment with Jo (face-to-face)

Get back to nature, breathe the fresh air, catch up and grow food from scratch at our lovely allotment plot. Do as much or as little as you want, whilst getting fit and soaking up the relaxed environment.

Location: South Croydon  
Time: 10am-2pm

To refer someone to the Active Minds groups please fill out this form <https://www.mindincroydon.org.uk/wp-content/uploads/2020/02/Active-Minds-Referral-Form.doc> and return to [activeminds@mindincroydon.org.uk](mailto:activeminds@mindincroydon.org.uk)

Brief support to help people set up Zoom is available

PLEASE NOTE: We are no longer taking referrals to the JustBe service.

**CROYDON**  
www.croydon.gov.uk



## CROYDON TRADING STANDARDS

### COMMUNITY ALERT

#### Cold Call Scams

Extract from BBC article:

Scams callers are getting more sophisticated and more threatening. One currently doing the rounds, purporting to be from the National Crime Agency, claims there is a warrant out for your arrest for "serious offences". Another common claim is that National Insurance numbers have been stolen, which might seem plausible given the number of data thefts. Although the request to immediately send money to the tax office should ring alarm bells. Increasingly the calls are coming through to people's mobile phones, often appearing as a UK number to add another layer of legitimacy.

The top three problems Trading Standards identified were:

- people selling insurance for white goods, offering cover for fridges, freezers and washing machines
  - impersonation callers claiming to be from the NHS, BT, Amazon or utility firms domestic home repairs such as boiler services and drainage
- Some of these are defined as nuisance calls because they are actually selling something - albeit it something you probably do not need. Others are out-and-out scams.

Croydon TS say: If you receive any calls about the above topics – and you are not expecting them – please hang up and contact your providers directly on phone numbers you already use for them. This way, if they are genuine calls you can continue to speak with the legitimate person – if not you have avoided a scam.

For the full article please visit: <https://www.bbc.co.uk/news/technology-56334466>

If you have been a victim of fraud please report to Action Fraud 0300 123 2040 or Citizens Advice Consumer Helpline 0800 223 1133.

### Lloyds Bank Foundation



We fund small and local charities, investing in their work helping people overcome complex social issues across England and Wales. We support charities with an annual income of £25,000 to £1 million with a proven track record of helping people on a journey of positive change through in-depth, holistic and person-centred support. We offer unrestricted funding, including around core costs, and tailored development support to help your charity be more effective.

This will be two-year unrestricted grants of £50,000 alongside capacity building support to help charities identify and act on any organisational challenges they may be facing. Please see link below for full details:

<https://www.lloydsbankfoundation.org.uk/we-fund>

On Tuesday 30<sup>th</sup> March there will be a live Q&A panel with the Foundation's grants team to talk through and answer questions about the 2021 funding. You can find out more and register via the link below:

<https://www.eventbrite.co.uk/e/lloyds-bank-foundation-for-england-and-wales-grants-qa-tickets-142846649173>

# Census 2021

Your response is needed

Join us on Thursday 18th March for your chance to ask questions about the 2021 Census

All your questions answered in safe environment

Date: Thursday 18th March, 2021 | Time: 6.30pm

Location: [www.Zoom.com](https://www.zoom.com)

Meeting Number: 385 207 6159

Register on Eventbrite Password will be emailed out to people who register



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Events



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