



A Befriending Story:

One of our volunteers, Lisa, has been calling our client Mr P, who was a Reverend in the Catholic church years ago, although he has now left the priesthood. He has written several books, and there was one he has been telling Lisa about that he edited. He didn't have a copy so our befriending team set about finding one.

When it arrived it was in a green canvas sleeve with a sticker on the front staying 'draft copy'. Mr P laughed and said he was told in 1968 that he had been sent a final draft but it had never arrived! The book was published anyway without him reading the draft. So somehow we've ended up with the final draft copy over 50 years later! It was agreed that Lisa will read it, and we'll hand it over to Mr P when the lockdown is over. What a mystery, and we wonder what happened to it? It was sent to us by a bookseller in Salisbury. Needless to say, Mr P is delighted and very excited to see it!

Our member groups: As you are starting to think about re-opening, please tell us your plans; have you lost or gained clients/members/volunteers; will you resume your service as it was prior to lockdown? Can we help? If you've not already spoken to us, please get in touch with us at info@cnca.org.uk

Our DBS Service: With re-opening in mind, if you need enhanced disclosure & barring checks for your organisation, have any queries or to register with us, please contact linda@cnca.org.uk.

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



MINIBUS DRIVER PART TIME VACANCY
Wednesday, Thursday, Friday
15 hours per week – £10.85 per hour

Purley & Coulsdon Clubs for the Elderly (PACE) is a charity based in Purley which runs a day centre and lunch club for the over 65s. We are looking for a Minibus driver to collect our members from their homes in the morning to bring them into the centre and take them back home in the afternoon. Duties also include driving for day trips and for one annual holiday. If you have a clean current driving licence with a D1 Minibus entitlement and would like to join our friendly team, please contact Sarah Crane (Manager) on 0208 668 2270 or email pace119@btinternet.com for further information and application form.

VOLUNTEER ESCORT FOR MINIBUS NEEDED

PACE – Purley & Coulsdon Clubs for the Elderly are looking for an Escort for our Minibus which operates Wednesday to Friday to help bring members from their homes to our Day Centre in Lansdowne Road, Purley. If you have some spare time, are active, enjoy the company of older people and are looking for a rewarding voluntary job this could be for you!! Usual times would be 9.30am -11.30am and 3pm – 5pm. We particularly need help in the mornings, if you can help please contact Sarah on 020 8668 2270 or email: pace119@btinternet.com for further information.

FUNDING →

Persimmon Community Champions is here to fund local good causes across the UK.

Each of our 31 businesses and our PLC head office are giving away up to £2,000 every month – that's a whopping £64,000 a month available to fund local community initiatives.

We have supported thousands of community groups and charities over the years and need your help to ensure thousands more local good causes can benefit.

Included in your application we need to know how much you want us to donate. Remember to include name and location of the initiative so that we can ensure the right business receives your request. More information and an application form can be found here: [Persimmon Community Champions \(persimmonhomes.com\)](http://Persimmon Community Champions (persimmonhomes.com))

Here is the latest information from Croydon Council on Asymptomatic Rapid Lateral Flow Testing: [Getting tested if you don't have symptoms | Croydon council](#)



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.

**CROYDON TRADING STANDARDS
COMMUNITY ALERT**

Doorstep Callers – Artifice Burglars

Trading Standards have been made aware by police of two men knocking on doors purporting to be there to look for a water leak. If this happens to you - call the police on 999 - especially if they will not leave when asked.

Please do not engage with ANY person who calls unsolicited at your door and offers to do work or points out you have a problem that urgently needs fixing. These are often rogue traders who are out to con you out of your money or burgle you whilst one of them is distracting you.
Do not let them into your home!

For more information on Door Step Crime visit:

<https://www.actionfraud.police.uk/a-z-of-fraud/doorstep-fraud>

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.

**Register My Appliance Week is
26-30 April 2021**

Croydon Trading Standards are taking part in the campaign to promote the message to consumers to register their appliances.

Go to www.registermyappliance.org.uk to register your appliance. It is estimated that there are 100 million older appliances in the UK that helped sustain us through lockdown.

AMDEA (The Association of Manufacturers of Domestic Appliances) members and the Office of Product Safety, local fire and rescue services throughout the UK, trading standards, social landlords and consumer groups will be using Social Media to amplify the message and

ONE CROYDON: AN UPDATE AND DISCUSSION ON HOW TO DEVELOP AN INTEGRATED CARE SYSTEM. One Croydon brings together both commissioners & care providers in the borough.

To move to a community-led system we must shape integrated working around the citizen – including those who may not have complex conditions but who are at risk through isolation and other adverse experiences of growing dependent on service interventions. This is where the community partnerships comes in – by extending their reach into local communities, building relationships with people outside the system and making connections that bring new systems of support into play.

Whatever your role is in planning or delivering care, your involvement and co-design is essential to this place-based model of care. You know your areas and the residents best and we need to use that knowledge to be able to provide the best possible support for the community of Croydon. Therefore One Croydon would like to invite you to a webinar on the Thursday 6th May, 14:00-16:00 where you can continue to engage in the design process. You can book [here](#).

If you have any questions please email lisa.connolly2@croydon.gov.uk.



CROYDON BME FORUM

ARE

Hiring

**PCREF Community
Co-ordinator**

Closing Date : 14th May 2021

Email Recruitment@bmeforum.org

healthwatch
Croydon

HW Croydon | Vaccine Hesitancy
Healthwatch Croydon – Tell us your views on the Covid vaccine



The latest news from CVA including Covid-19 fundraising guidance and other useful information.



ARCC are hiring—MENTAL HEALTH CHAMPION—
for job description and further information, see link below.

(3) Mental Health Champion in Croydon at Asian Resource Centre

Free Training Session—Thursday 20th May from 10am to 1pm

The Croydon Healthy Homes team will run a free online training session on Thursday 20th May for front line staff/volunteers who work with low income/vulnerable residents. The training will help you understand the impact of fuel poverty on Croydon residents, explain the support available through the Croydon Healthy Homes programme, support and discounts available to Croydon residents through their energy and water suppliers, and grant funding available for larger energy improvements for residents in private sector housing. Deborah will be introducing the Healthy Homes for all project in the session.

The training will use MS Teams. To book a place please email health-yhomes@croydon.gov.uk



**April
Newsletter**



We are currently running the following online Zoom groups:

Mondays – 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

Tuesdays	Yoga
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

Thursdays – 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

Fridays – 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

We are also running the following face-to-face groups:

Tuesdays – Tennis
Have fun out in the fresh air, learn some new skills, get fit and make new friends at our Tennis sessions with the Award-winning Mark from MDL coaching.
Location: South Croydon Sports Club
Time: 12pm-1pm

Wednesdays – Allotment with Jo
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

Brief support to help people set up Zoom is available

CROYDON
www.croydon.gov.uk

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



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