

**Edition 30  
Date: 27th May 2021**

# Bulletin

**Please submit any information you would like included in the next bulletin by Monday 7th June to [info@cnca.org.uk](mailto:info@cnca.org.uk)**

## WE BELIEVE IN MAKING A DIFFERENCE

It is always good to be reminded of the difference we all make to our clients. J, a man in his 90s, had been a carer for his wife who had dementia and when she died he felt very lonely and isolated. He had lost his sight in one of his eyes, was partially sighted in the other and was feeling depressed. He had a family that worried about him and tried their best to support him but they lived hundreds of miles away.

A few years ago J's daughter contacted us at CNCA and Margaret, one of our befrienders, began to visit J at home every week. They built up a strong friendship and J looked forward to his time with Margaret.

Last year, with lives changing due to the restrictions, J's family arranged for him to move nearer to them so they could offer the support he needed. J never really settled and has headed back home to Croydon. His family have been back in touch because part of being home for J is being able to see Margaret again. It may have to be phone calls for a while longer, but J and Margaret are planning their first catch up over a cup of tea as soon as they can.

### Member's Forum

As many of you plan to resume your face to face services, we have arranged a forum on Wednesday 2nd June from 10am—12pm. This will give us all an opportunity to look at the current situation and discuss the way forward.

We will be joined by Jill Kyne, the VCS specialist consultant on the Healthy Communities Together project, to talk about the project and answer your questions.

If you haven't already confirmed your attendance, please contact [info@cnca.org.uk](mailto: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](mailto: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](http://www.cnca.org.uk)

## POP UP VACCINATION CLINIC

A walk in clinic for those: over 40, front line/healthcare/social workers who haven't had their first vaccination yet. Click [here](#) for details.  
**29/5/21 from 12:00 to 16:00** At: Trinity Baptist Church, 5-9 Peall Rd, Croydon CR0 3EX

### The National Lottery Awards for All Funding

A quick way to apply for smaller amounts of funding between £300 and £10,000. Continuing to support people and communities most adversely impacted by COVID-19.

**Suitable for** Voluntary or community organisations

**Funding size** £300 to £10,000, for up to one year

**Application deadline** Ongoing click on link [here](#)

### CROYDON TRADING STANDARDS COMMUNITY ALERT

#### Bogus Community Nurses

We have been made aware of two incidents in the Croydon area where service users have been targeted by a man and woman posing as community nurses.

The woman has appeared first and distracted the victims, the man has then pushed his way into the home. This kind of offence usually leads to items being stolen, so please keep items such as wallets, purses and handbags hidden and out of sight.

If you are expecting your Community Nurse and someone you do not know appears at the door, please ask for ID and tell them you need time to check it.

If you are unsure, you can call **020 8274 6195**, and explain that you need to check the identification of the person who is at your door.

If possible, whenever someone knocks at your door, please use a chain, spy hole or window to check the identity of the person before you fully open your door.

Anyone who is genuine will not mind being asked, will happily show ID and wait whilst you check. If they do not show you or refuse, **DO NOT OPEN YOUR DOOR!**

Please keep an eye out for vulnerable neighbours, friends and family members.

The incidents have been reported to the police and are being investigated.

**If you are a victim of this type of crime call police on 999.**

**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).**

# CROYDON

## Make life easier in three simple steps with AskSARA...

Impartial advice about equipment to help make daily living easier



Please click on the link below to find some useful resources from

Befriending Networks. [www.befriending.co.uk](http://www.befriending.co.uk)



CVA invite you to join this online Dementia Awareness session delivered by the Croydon-Sutton Alzheimer's Society. **Dementia Awareness (One Croydon's training programme)** Tue, 22 June 2021 from 18:30 – 20:00. To book your place [click here](#)

### CVSA MEETING 10th June 10am-12noon

The Council's new Cabinet Member for Communities – Councillor Manju Shahul-Hameed – will be joining us on Thursday 10 June at 10am for the next meeting of the Croydon Voluntary Sector Alliance. Book your space [here](#)



### In Kind Direct

In Kind Direct is a charity that helps thousands of small UK charities, community groups, food-banks and schools to access essential items like toiletries, household cleaning and laundry items, clothing and children's activity supplies. Small organisations can benefit from huge savings on office supplies such as stationery, photocopiers and hot drinks too.

Registration is free. There is a small charge for products, which is a contribution towards the cost of the service and includes UK delivery – as a charity, In Kind Direct meet the rest.

Their service allows charitable organisations to access essentials with huge savings, around 80-90% off retail prices, meaning £1 with In Kind Direct unlocks around £7 of value. Sign up [here](#).



Croydon Voluntary Action have a job vacancy for a full time Community Facilitator.

**Job title:** One Croydon Community Facilitator

**Contract:** 12 months fixed term contract

**Grade/Salary:** £30,607 (incl. OLW)

**Hours:** 5 days a week **Location:** CVA Resource Centre

The Community Facilitator will maintain and develop a range of relationships across the VCS and the One Croydon Alliance partners. The primary responsibility is to facilitate delivery of core components of the Local Voluntary Partnerships (LVP) Programme, working with a diverse range of stakeholders, and alongside other project and programme leads, including the Community Facilitator based at the Asian Resource Centre Croydon (ARCC). For a full Job Description [click here](#).

To apply for this role, please email your CV to: [sarah.burns@cvalive.org.uk](mailto:sarah.burns@cvalive.org.uk) by 9am on Monday 7th June.



Eventbrite

PLEASE SHARE

## KEEPING YOU SAFE WE NEED YOU!

Join this interactive workshop, where we'll be providing you with the basic underpinnings of keeping adults safe in Croydon, and inviting you to share your own views on protecting the community...

### WHAT DOES 'SAFEGUARDING' MEAN TO YOU?

Please note: No previous experience, learning, or qualifications are required for you to join. We just wish to hear directly from Croydon's community members.

**WHEN?**  
**MONDAY, 7 TH JUNE**  
**@ 2:30PM-4PM**

For more information email [epiphany@bmeforum.org](mailto:epiphany@bmeforum.org)

[www.cbmeforum.org/events/](http://www.cbmeforum.org/events/)

Eventbrite



@croydonbmeforum CroydonBMEForum @cbmeforum



## June 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 for info  
Time: 12pm

### Tuesdays

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 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 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 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 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-1:30pm

Badminton

Meet new people and learn a new skill with the fantastic coaches who will ensure you have a fun and friendly badminton session.

Location: South Croydon Sports Club  
Time: 2pm-3pm

Coming Soon!

### Mondays

In-Person Yoga & Table Tennis  
Location: Central Croydon

To refer someone to the Active Minds groups please fill out the referral form found at: <https://www.mindincroydon.org.uk/how-we-can-help/connecting-with-people/active-minds/>

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](http://www.croydon.gov.uk)



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