

**CNCA IS AN INFRASTRUCTURE CHARITY WHO HAVE A SIGNIFICANT MEMBERSHIP OF GROUPS AND NEIGHBOURHOOD CARES ACROSS CROYDON; ALL OF WHOM PROVIDE ESSENTIAL SUPPORT SERVICES FOR THE OVER 65S. CNCA PROVIDES CAPACITY BUILDING, FUNDRAISING SUPPORT, INFORMATION FORUMS, ADVICE AND TRAINING.**

**Interested in becoming a member group? Please call us on 020 8662 1000 or email us at [info@cnca.org.uk](mailto:info@cnca.org.uk) for an application pack.**



The Carers Information Service have a range of activities. Here is a diary of events: [Diary of Activities \(carersinfo.org.uk\)](https://carersinfo.org.uk)

**The next Local Community Partnerships - Croydon North - West locality meeting will be on Wednesday, 13 July 2022 from 10:00 - 12:30.**

**This meeting will be held in person at Queens Community Hall, CR0 2NP**

Book here: [Local Community Partnerships - Croydon North-West locality meeting](https://www.eventbrite.co.uk/e/local-community-partnerships-croydon-north-west-locality-meeting-tickets-29848411000)

[Tickets, Wed 13 Jul 2022 at 10:00 | Eventbrite](https://www.eventbrite.co.uk/e/local-community-partnerships-croydon-north-west-locality-meeting-tickets-29848411000)

## Croydon Healthy Homes

The Croydon Healthy Homes team will be starting energy advice drop sessions in New Addington twice a month from July. At the sessions we can offer advice and support about the following:

1. Understanding your bills and tariffs, and support available from your energy company
2. Advice about any debt you owe your energy company
3. Grant funding for home energy upgrades (owner occupiers and private tenants only)
4. Energy efficiency advice, including using heating controls

Discounts on your water bills, including a 50% discount for low income households

If residents are looking for advice about their energy bills or debt, please ask them to bring a recent energy bill or statement with them.

The sessions will take place on the 2<sup>nd</sup> and 3<sup>rd</sup> Tuesdays of every month. On these Tuesdays we will be at the Family Centre on Fieldway, CR0 9AZ from 9.30am to 11.30am, and at Pathfinders in the Octagon, 120 Central Parade, CR0 0JW from 1.30pm to 3.30pm. Residents do not need to book in advance. They plan to start regular drop-in sessions in other parts of the borough in late summer/early autumn.

**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).**

## Making the most out of your GP appointment

\*Learn how to use the GP Partnership Tool to prepare and manage your appointments

\*ClearCommunityWeb will explain how to access online surveys and use DR iQ app

\*Also learn about results of Healthwatch Croydon survey on experience of patients using GP surgeries



### WHEN

Monday  
18th July 2022  
2-4pm

### WHERE

The Wellness Centre  
1st Floor  
Whitgift Centre  
Croydon  
CR0 1LP

Light refreshment will be provided.

Register your interest by contacting

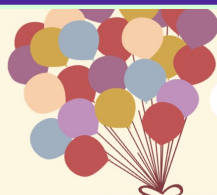
Sylvia 07870 508 790

sylviauw3k@gmail.com

or

Dorothy 07947 199 021

dorothy@moe-online.org.uk



## YOU'RE INVITED TO OUR SUMMER OPEN DAY

BEDFORD HALL  
72 WELLESLEY RD  
CR0 2AR

FRIDAY,  
15TH JULY,  
1PM



WIN  
QUIZZES

MEET OUR COMMUNITY

£10  
SIZZLING BBQ

UNACC

## UNACC

A Lunch & Social Club for the over 50s

Situated right next to South Norwood Lake, our members benefit from freshly cooked lunches, subsidised classes and a very friendly atmosphere!

### Activities

- ✓ Nordic Walking
- ✓ Seated Yoga
- ✓ Zumba Gold
- ✓ Seated Keep Fit
- ✓ Art Group
- ✓ Table Tennis
- ✓ Bingo

### Which Days

Mon, Tues, Wed, Fri  
9.30 - 2.30

### Where

Waterside Centre 26  
Avenue, SE25 4DX

First  
Class is  
FREE

Contact Us 020 8771 6886 [www.unacc.org.uk](http://www.unacc.org.uk) [info@unacc.org.uk](mailto:info@unacc.org.uk)

Do you want to protect and support your community?

FREE

Become a Croydon  
Community Health  
Champion

At this FREE event you will:

- Increase your confidence to have conversations about living safely with COVID-19 and where to get a vaccine
- Increase your awareness and skills to have conversations around suicide prevention
- Network and learn about other local health campaigns
- Receive lunch and refreshments

15 July 22  
or 20 July 22  
9am-1pm

The Wellness Centre

Whitgift Shopping  
Centre, First Floor,  
Croydon, CR0 1LP

All welcome (18+)

Book your space:  
15 July - [click here](#) or 20 July - [click here](#)



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