

Edition 58

Date: 21st July 2022

Bulletin

Please submit any information you would like included in the next bulletin by Monday 8th August 2022
info@cnca.org.uk



Last week we attended the summer party at South Croydon Day Centre for the Retired. The party was sponsored by Zurich Community Trust who provided volunteers to help, food and decorations. There was also entertainment. It was their first party since lockdown and therefore very well received. Well done to Frank Ip and the team for hosting such an enjoyable event.



The venue for the next Local Community Partnerships, Croydon South-East will be held on Wednesday 14 September from 10:00 to 12:30 at The Family Centre, Fieldway, New Addington, Croydon CR0 9AZ. To book your place click [Here](#)

Community Vaccine Champions

CNCA, in partnerships with CVA, BME Forum and ARCC was awarded funding by Croydon Council which we were able to distribute as small grants to local community groups to encourage more residents to take up their Covid-19 vaccines and help them stay safe as we live with the virus. The groups that CNCA were able to help were Sanderstead Neighbourhood Care, Shirley Neighbourhood Care, South Croydon Day Centre for the Retired, UNACC, Selsdon Contact, Croham Hurst Good Neighbours, Selsdon Centre for the Retired, Disability Croydon and Mind in Croydon. This press release has been issued:

[Community health and wellbeing champions for Croydon – Newsroom - News Anyway](#)

FUNDING ↷

Croydon Relief in Need

Croydon Relief in Need (CRiN) was established to provide financial assistance for people who are in need by reason of poverty or hardship, age, disability or other disadvantage, and who are resident in the London Borough of Croydon. CRiN derives its funds from the Croydon Almshouse Charities, and our Committee meets quarterly to make decisions on how to distribute the funds fairly to best meet the needs of local people. Our Grant-making Policy can be downloaded [here](#). Our funds have been used in a variety of ways, for example providing recreational equipment, refurbishing facilities, counselling and mentoring projects. We can also support individuals with small one-off grants. Our aim is to provide support widely across the London Borough of Croydon. For further information and an application form, see our [How to Apply](#) page.

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.

Invitation to Croydon Adult Social Services User Panel's (CASSUP) 'Talking About Adult Social Care' (TAASC)

On behalf of the Panel Members, you are warmly invited to the next Croydon Adult Social Services User Panel (CASSUP) 'Talking About Adult Social Care' (TAASC) event where the focus will be on two main areas:

Voice of the Resident: How we can work together and ensure the Voice of our Residents, who are often experts by experience, are at the heart of the design, development, and delivery of Adult Social Care in Croydon

Commissioning Intentions: Our residents should have choice and control over how their needs are met so that they can achieve the things that are important to them. To do this we need to know what care and support services are needed in Croydon and who provides them. We have drafted our 'commissioning intentions' (how we wish to prioritise the services we provide to meet the needs of our residents). We would now like to talk about these plans with you and work together to develop them further

Date: Wednesday 3 August 2022 **Time:** Please arrive at 13:15 for a prompt start at 13:30. We close at 16:00 **Location:** St Mary's Catholic Church, 70 Wellesley Road, Croydon, CR0 2AR

Please register :Eventbrite: <https://www.eventbrite.com/e/talking-about-adult-social-care-in-croydon-tickets-385807569827>

MHA Communities South London hold a number of activities and events aimed at reducing loneliness and isolation amongst vulnerable older people aged 55 and over.

MHA Communities South London at the Wilderness, 17 Shirley Church Rd, CR9 5AL

Phone: 0759 7135220 Email: southlondon@mha.org.uk

Banstead Road
Purley
CR8 3EA
020 8668 4189
E: info@purleycrosscentre.org

Purley Cross Centre

A community resource centre providing advice, information and training

Supported by Croydon Council

CAP DEBT HELP



Lifting the weight of debt

Croydon South Debt Centre
Free debt advice and personal support in your community

Get help today
0800 328 0006
capdebthelp.org

CAP
charities against poverty

FR Financial Regulator
agc Approved Granting Centre
Facebook, Twitter, Instagram, LinkedIn, YouTube

CAP SERVICES

DEBT CENTRE - Free debt counselling to help you release you from debt
JOB CLUB - Our 8-week course can help you get back to work
MONEY MANAGEMENT COURSE - understand your finances [3 sessions]

Computer Training - online or in person
Desktop, laptop, iPad and Android tablets

By Appointment

ENGLISH CONVERSATION CLASSES FOR BEGINNERS
Come and join our class on Wednesdays at 1.30pm.

Legal and Will Advice
Free 15 min advice provided by Streeter Marshall

By Appointment

Family Law Advice
Free 15 min advice provided by Streeter Marshall

By Appointment

Need information or want help with an issue
CALL US ON 020 8668 4189

CROYDON BME FORUM
clearcommunityweb
asian resource centre
Croydon
Croydon age UK
Wellbeing You
RELIEF IN NEED
NHS Croydon
croydonvoluntaryaction

You are invited to our **FREE** consultation on
Importance of Self-Care to the Health of the Elderly

Wednesday 27 July 10.00-12.00



CVA Resource Centre
82 London Road CR0 2TB

Session will be led by
Dr Emily Symington, GP & Clinical Lead- Croydon

Other speakers:
Gifty Njamu, Expert Patients Programme Tutor
Lizzie Hewitt, Expert Patients Programme and Long-Term Health Conditions Coordinator
Abeline Greene, Personal Independence Coordinator Service Manager
Caspar Kennerdale, Digital Support
Falls, Fracture and Bone Health Practitioners at Croydon University Hospital
Sylvia Wachuku-King, GP Partnership Tool Champion

We will :

- Explore current understanding of self-care and how it is being done.
- Learn what self-care actually means, its importance and how we can go about it.
- Learn about barriers to practicing self-care and how they can be mitigated.
- Suggest ways to encourage the elderly to practice proper self-care
- Share experiences from programmes on the ground.

Light refreshments will be provided

For more information Contact Sylvia on 07870508790 OR Email sylvia.w3k@gmail.com
www.wellbeingyou.org

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