



Supporting older people across Croydon

CNCA Directory of Neighbourhood Care Services

**This directory contains details of support services
available to adults over 65 years across the
London Borough of Croydon**

**This information is collated by
Croydon Neighbourhood Care Association (CNCA)**

**Central Hall
Davidson Lodge
Freemasons Road
Croydon
CR0 6PD**

**General Tel: 020 8662 1000
Befriending Service Tel: 020 8654 4440**

**Email: info@cnca.org.uk
Web: www.cnca.org.uk**

Charity No. 1084451

Updated July 2023

Croydon Neighbourhood Care Association

CNCA are an infrastructure charity who have operated in Croydon since 1998 and 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 support.

We have the only complex Befriending service in Croydon, providing home visits to frail, elderly, housebound people with complex needs and often a dementia diagnosis. Referrals predominantly come from statutory agencies, particularly social care, and we carry out a long term piece of work, supporting those very vulnerable clients to stay safe in their own homes. Alongside this, is a volunteer run telephone-Befriending service and a 'keeping in touch' service with ongoing communication to other agencies involved and any relatives or friends – especially those living a distance away or abroad.



0208 662 1000 — info@cnca.org.uk — www.cnca.org.uk

Location of our Member Groups

Map of Croydon (Localities)



Our Member Groups

1. Addiscombe Neighbourhood Care Association
(Central East)
2. Advice Support Knowledge Information (ASKI)
(North East)
3. Croham Hurst Good Neighbours
(South West)
4. Croydon Hearing
(Borough wide)
5. Downsview Lunch Club
(North East)
6. Inaspectrum
(North East)
7. Old Coulsdon Centre (for the retired)
(South West)
8. Purley & Coulsdon Clubs for the Elderly (P.A.C.E)
(South West)
9. Sanderstead Neighbourhood Care
(South West)
10. Selsdon Contact
(South East)
11. Shirley Neighbourhood Care Scheme
(Central East)
12. South Croydon Day Centre for the Retired
(Central West)
13. Upper Norwood Association for Community Care (UNACC)
(North East)
14. Wellbeing You Ltd
(South West)

1. Addiscombe Neighbourhood Care Association (A.N.C.A)

The ANCA Office, St. Mildred's Centre, 30 Bingham Road, Croydon, CR0 7EB

Tel: 020 8654 5062

Email: info@anca.org.uk, Web: www.anca.org.uk

**9.30-12
Noon
Mon-Fri**



A link to ANCA's website for more information can be found [here](#)

2. Advice Support Knowledge Information (ASKI)

Correspondence: 33 Brigstock Road, Thornton Heath Croydon, CR7 7JJ

Tel: 020 8683 2191 / 07759 194 567

Email: info@aski.org.uk Web: www.aski.org.uk

**10am-
4pm
Mon-Fri**



A link to ASKI's website for more information can be found [here](#)

3. Croham Hurst Good Neighbours

CHGN Office, 52 Croham Road (off Morton Rd)

Croydon, CR2 7BA

Tel: 020 8649 9678

Email: chgnoffice@gmail.com Web: www.chgn.co.uk

**10am -
12.30pm
Mon -
Thur**

CHGN.CO.UK

A link to CHGN's website
for more information can be
found [here](http://www.chgn.co.uk)

4. Croydon Hearing

Croydon Hearing Resource Centre, Stafford House. 19
Stafford

Road. Croydon. CR0 4NG.

Tel: 020 8686 0049

Email: hello@croydonhearing.org.uk

**Call for
details**



A link to Croydon Hearing's
website for more information
can be found [here](http://www.croydonhearing.org.uk)

KEY TO SERVICES PROVIDED

- | | |
|------------------------------------|--------------------------|
| A. Be-friending / Support Services | E. IT / Computer Support |
| B. Lunch Clubs | F. Shopping |
| C. Carers Respite / Support | G. Equipment for Hire |
| D. Coffee Mornings/ Tea Parties | H. Exercise Classes |

5. Downsview Lunch Club

Downsview Methodist Church, Waddington Way,
South Norwood SE19 3XH

Correspondence: 39 Waddington Way, SE19 3XP

Tel: Judith Hibbs: 07983880928 /

Gerrie Ozah : 07725852965

Email: judithhibbs@hotmail.co.uk

6. Inaspectrum

Correspondence: 72 Falkland Park Avenue, South
Norwood,
SE25 6SH

**Call for
Details**

INASPECTRUM

A link to Inaspectrum's
website for more
information can be
found [here](#)

7. Old Coulsdon Centre (for the retired)

Old Coulsdon Centre, Grange Park, Coulsdon Road, Old Coulsdon, CR5 1EH

Tel: 01737 554 386

Email: occr@btinternet.com tonysalescentre@aol.com,

Web: www.occftr.org

**1pm-
5pm
Mon,
Wed,
Fri**



A link to OCCR's website for more information can be found [here](#)

8. Purley & Coulsdon Club For the Elderly (PACE)

Dorothy Morby Centre, 119 Lansdowne Rd, Purley CR8 2PE

0208 668 2270 email: pace119@btinternet.com

(Shopping bus to Tesco operates Tues. Call to check availability,
pick up and return times in your area)

**10.30am-
3.30pm
Weds.
10.30am
-3.30pm
Fri.**



More information for PACE can be found [here](#)

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9. Sanderstead Neighbourhood Care

All Saints Hall, Onslow Gardens, Sanderstead, CR2 9AB

Tel: 020 8657 8289 Email: sanderstead.neighbourhood.care@gmail.com

**10.00 -
12-30pm
Mon -
Fri**



More information for
Sanderstead Neighbourhood
Care can be found [here](#)

10. Selsdon Contact

Selsdon Community Centre, (Lower ground floor,
Sainsbury's),
132 Addington Road,
South Croydon, CR2 8LA
Tel: 020 8651 4944

Email: info@selsdoncontact.org.uk, Web:
www.selsdoncontact.org.uk

**10am–
3pm
Mon-Fri**



A link to Selsdon Contact's
website for more
information can be found
[here](#)

- I. Information and Advice
- J. Day Centre/Pop in
- K. Gardening
- L. Outings and Events

- M. Transport Scheme
- N. Dementia Support

11. Shirley Neighbourhood Care Scheme

**10am -
12.30p
m
Mon -**

West Wickham & Shirley Baptist Church, Wickham Rd,
Croydon CR0 8EH

Office address: St George's Church Hall, Elstan Way,
Shirley CR0 7PR (from 22/7/23) Tel: 020 8662 9599

Email: sncs@shirleyneighbourhoodcare.co.uk,

Web: shirleyneighbourhoodcare.co.uk



**Shirley
Neighbourhood
Care**

A link to Shirley Neighbourhood
Care's Website for more
information can be found [here](#)

12. South Croydon Day Centre for the Retired

**10am-
4pm
Mon &
Thurs**

Rear St. Peter's Hall, Ledbury Road, Croydon, CR0
1EP

Tel: 020 8681 7948

Email: office@southcroydoncentre.org, Web:

www.southcroydondc.org



**South Croydon Day Centre
for the retired**

A link to South
Croydon Day
Centre's website for
more information can
be found [here](#)

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13. Upper Norwood Association for Community Care (UNACC)

The Waterside Centre, 26 Avenue Road, London, SE25 4DX

Tel: 020 8771 6886

Email: info@unacc.org.uk, Web: www.unacc.org.uk

9.30am-
2.30pm
Mon –
Wed &
Fri



A link to UNACC's website for more information can be found [here](#)

14. Wellbeing You Ltd

Correspondence: Weatherill House Business Centre,

23 Whitestone Way, Croydon, CR0 4WF

Tel: 07870 508790 Web: www.wellbeingyou.org

Email: swk@wellbeingyou.org

Call for
details



A link to Wellbeing You's Website for more information can be found [here](#)

I. Information and Advice
J. Day Centre/Pop in
K. Gardening
L. Outings and Events

M. Transport Scheme
N. Dementia Support

Additional Organisations

St Francis, Monks Hill
146 Tedder Rd, South Croydon CR2 8AH
020 8657 7864 stfrancisselsdon@gmail.com
www.stfrancismonkshill.org.uk
Over 50s Club

Croydon Asian Women's Organisation
89 Galpins Rd, Thornton Heath CR7 6EN
020 8409 1152

Fieldway Over 50s
Fieldway Community Centre, Fieldway, New Addington CR0 9AZ
01689 842682

Age Unlimited Enriching Skills
Airport House, Purley Way, Croydon CR0 0XZ
020 8651 1343

Silver Line
Free phone support for older people, 24 hours a day.
Tel: 0800 470 8090 Website: www.thesilverline.org.uk

Dementia Café
Memory Café
The Prince George Pub, 2 High Street, Thornton Heath, CR7 8LE
020 8664 9527

Carers Information Service
24 George Street, CR0 1PB
Tel: 020 8649 9339, option 1, Email: info@carersinfo.org.uk
www.carersinfo.org.uk

The Oddfellows (friendly society). Care & advice, support, social events.
enquiries@oddfellows.co.uk www.oddfellows.co.uk

Additional Organisations

SPECIAL SHELTERED HOUSING & RESIDENTIAL CARE:

Brookhurst Court

190 Selhurst Rd, South Norwood, London SE25 6XX
080 8771 7560

Freeman Court

94 Stanford Rd, Norbury, London SW16 4QR
020 8679 3587

Frylands Court

24 Hutchingsons Rd, New Addington, Croydon CR0 0BD
01689 847233

Southsea Court

1/41 Eastney Rd, Croydon CR0 3TB
020 8680 2831

Toldene Court

106 Tollers lane, Old Coulsdon, Croydon CR5 1BD
01737 556101

Truscott House

14 Stanley Grove, West Croydon CR0 3QU
020 8684 9263

Peony Court (Barchester Healthcare)

58 Addiscombe Road, Croydon, CR0 5PH

Tel: 020 8649 8800 www.barchester.com/home/peony-court-care-home
(residential care, respite care and short stays, activities)

DAY CARE:

1596 Club at Whitgift Care

Whitgift House, 76 Brighton Road, South Croydon, Surrey, CR2 6AB

Wilhelmina House, 21 Park Hill Rise, Croydon, Surrey, CR0 5JF

Tel: 020 8256 1596 www.whitgiftcare.co.uk

Useful contacts

Care Friends Croydon

(part of Careline)

Tel: 020 8054 9744

Be on Hand

Tel: 020 3488 2912 Email: hello@beonhand.co.uk

Rowland Brothers Funeral Directors

299-303 Whitehorse Lane, Croydon CR0 2HR

020 8684 1667

LIFE Team

main number - for hospital discharges with reablement
(physio/social worker/OT) - 020 8274 6974

Janine Walker

020 8651 0537 or 07538 842470

The South London Law Centre

Croydon, 5th Floor, Davis House, Robert Street, Croydon CR0 1QQ

Tel: 020 8767 2777 (10.30-11.30am, Mon-Fri)

Enquiries@swllc.org.uk

TRANSPORT:

Croydon Accessible Transport

14 Willis Rd, Croydon CR0 2XX

020 8665 0861 admin@croydonaccessibletransport.org.uk

1596 Club at Whitgift Care

Whitgift House, 76 Brighton Rd, South Croydon CR2 6AB

020 8760 0472 www.whitgiftcare.co.uk

Dial a ride

0343 222 7777 dar@tfl.gov.uk

East Surrey Dial a Ride

Douglas Brunton Day Centre Park Road, Caterham CR3 5TA

01883 349001

Activities

Balance and Movement

Age UK Croydon, 81 Brigstock Rd, Thornton Heath, Croydon CR7 7JH

Tel: 020 8680 5450 Email: aukc@ageukcroydon.org.uk

Monday

10 - 11am

Zumba Class

Upper Norwood Library Hub, 39-41 Westow Hill, SE19 1TJ

Monday

7 - 8pm

Age UK Croydon, 81 Brigstock Rd, Thornton Heath, Croydon CR7 7JH

Tel: 020 8680 5450 Email: aukc@ageukcroydon.org.uk

Wednesday

9.30 - 10.30am

&

10.45 -

11.45am

Over 50s Exercise Class

St Paul's Church, St Paul's Rd, Thornton heath, Croydon CR7 8NB

Tel: 020 8768 5387

Tues & Thurs

11 - 12

Yoga Class

St John's Church, 2 Sylvan Rd, London SE19 2RX

Tel: 020 8768 5387

Wednesday

Wednesday

Waterside Centre, 26 Avenue Rd, South Norwood SE25 4DX

Tel: 020 8771 0297

Tues & Wed

Tai Chi

Broad Green Tai Chi Group, 96-98 High St, Croydon CR0 1ND

020 8240 0815 Email: larpeg36@yahoo.co.uk

Thursday

10.30 -

11.30am

Various activities

Peony Court (Barchester Healthcare)

58 Addiscombe Road, Croydon, CR0 5PH

Tel: 020 8649 8800

www.barchester.com/home/peony-court-care-home

**Check website
or call to see
what's on.**

CNCA Membership Services

Our membership is open to everyone, for example you may have a once a week lunch club or offer just one or two services, but no organisation is too small. If you cater for the over 65s, you can become a member and have access to a range of services, advice and information. CNCA will provide you with an opportunity to advertise your service across London Borough of Croydon by brochure and website. CNCA will also recommend your services on your behalf.

- Advertising of your group services in the CNCA directory
- Access to training programmes organised and hosted by CNCA
- Attendance at CNCA's membership forum meetings
- Advice, information and support
- Referrals to our befrienders and telephone befrienders
- Circulation of information around other CNCA member groups
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**For any of these services please contact us on either:
020 8662 1000 or info@cnca.org.uk**

CNCA's Befriending Service

We are able to provide support to people who meet the following criteria:

- Elderly vulnerable people with complex needs or carers of these people
- Living alone and isolated
- Must live in London Borough of Croydon
- Housebound
- Minimum of 65 years old

Open: Mon - Thurs, 9.30am– 4.00pm
Phone: 020 8654 4440 Email: info@cnca.org.uk



**Davidson Lodge
Freemasons Rd
Croydon
CR0 6PD**

**Tel: 020 8662 1000
Befriending Service tel: 020 8654 4440
info@cnca.org.uk www.cnca.org.uk**

**Have you signed up to receive our
bulletin? Contact info@cnca.org.uk.**

**London Borough of Croydon:
www.croydon.gov.uk**

**To receive e-updates and newsletters from CVA:
<https://cvalive.org.uk/news/>**

DISCLAIMER:

This directory is updated by Croydon Neighbourhood Care Association every 3 months. If you have a copy that is older than this, please contact the office on 020 8662 1000 for an up to date version.

Please be aware that if you send out an older version of this booklet, the information may not be up to date.

If you work with over 65s and are interested in becoming a member of CNCA and included in this directory, please contact us on the number above or by email: info@cnca.org.uk.

