



**Croydon
Neighbourhood
Care**

**Edition 3
Date: 5th March 2020**

Bulletin

VOLUNTEER



Are you looking to get more involved with your local community?
Can you help support older people living on their own in Croydon?

Re-engage, the charity which re-connects older people with their communities are looking for volunteers to help set up two new friendship groups for older people in Croydon. If you can volunteer to help organise, drive or host a gathering they would love to hear from you. Their social gatherings are held one Sunday afternoon a month and provide a much-needed lifeline for many older people who otherwise never have the chance to leave the house or make new friends.

So if you can spare a few hours a month, please drop Jane a line at jane.vasudevan@reengage.org.uk or visit their website: www.reengage.org.uk



The **Mercedes Amos Day Centre** cares for older residents living in the borough of Croydon. They provide a variety of activities and offer a range of services to meet individuals' cultural, health and social needs.

They are looking for enthusiastic, dedicated, reliable and creative individuals with a passion for supporting older people, to carry out a variety of volunteering roles at their day centre. If you have supported, in any capacity, people who have memory issues, such as Dementia or Alzheimer's, they would love to hear from you as well.

The day centre is open 3 days a week, Tuesday, Wednesday and Thursday from 10 am- 5 pm. For further information please contact Shirley Knox:

**Westbury Community Project, 183 Handcroft Road, Croydon,
Surrey, CR0 3LF. Tel: 0208 664 8101, westburycentre@aol.com**

VOLUNTEER

Westbury Community Project are looking for a **Centre Assistant** to work at the Mercedes Amos Day Centre. The post is for 18 hours/ week (Tue, Wed and Thurs).



Please see the attached job description for details. If you require any further information, please contact Marie or Shirley on 0208 664 8101 or westburycentre@aol.com.

Applications close on Friday 13th March with interviews to be held from the 18th of March.

Please submit any information you would like included in the next bulletin by Monday 16th March to info@cnca.org.uk

Events & Activities



Dementia Friendly Screenings

The David Lean Cinema, in partnership with the Croydon

Dementia Action Alliance, are organising another series of popular films for 2020. The programme includes Funny Face, Some Like It Hot and The Wizard of Oz.

These Dementia Friendly screenings aim to make cinema more accessible by providing a fun and inclusive experience to enable people living with dementia, their families and carers to attend the cinema in a safe and welcoming environment. The lights are left on low, there are no adverts or trailers and the audience is allowed to move around or even sing along to any musical numbers if they'd like to.

Admission is £1 on the door for people with dementia (their carers get free entry).

Free tea, coffee and biscuits will be available

<http://www.davidleancinema.org.uk/dementia-friendly-screenings/>



Everyday First Aid Training: 10 March

Do you have the skills to cope in a crisis? Croydon Voluntary Action will be hosting a British Red Cross funded 'Everyday First Aid' sessions to provide people with the skills and confidence to help in a first aid emergency.

This **free** two hour session will give you the skills, confidence, and willingness to help in an emergency. [Book here](#)

Members Forum

Thursday 26th March
10am-12pm



AGM 2020

CNCA AGM
Wednesday 8th April 2pm



Shirley Neighbourhood Care are holding a quiz on Saturday 14 March at Shirley Parish Hall on Wickham Road.

Teams of eight – ticket price £7.50

Bring your own refreshments.

Book tables with the SNC Office on 0208 662 9599 or email Suzy at

sncs@shirleyneighbourhoodcare.co.uk





The death of someone close to you can be a difficult time.



We can support you with what you are going through.

Bereavement support
for current and former adult carers

Carers Support Centre, 24 George Street, Croydon CR0 1PB

See other side of flyer for details





Losing someone close to you can be a difficult time

If you are a current or former carer going through a bereavement, we are here for you. We can offer support, someone to talk to, and the chance to join a bereavement support group. We can also signpost to one-to-one counselling if you need it.

Unlike other types of bereavement support, our service is tailored to the needs of current and former carers. **A carer looks after a relative, friend or neighbour who needs support due to illness, disability or old age.**

Our support groups

Groups are open to bereaved current and former adult carers of a Croydon resident who have experienced a bereavement at least four to six months before joining.

If your bereavement was more recent, please still get in touch with us. We can listen to you and help you find the right support for you.




How do the groups work?

Groups are facilitated by a qualified and British Association for Counselling and Psychotherapy (BACP) registered counsellor. You will have the chance to talk, listen, explore your feelings and find strength.

We run several blocks of sessions throughout the year. Each group runs for seven weeks and is held on a Friday, 10.30am-12noon. They are completely free but **advance booking is essential**. Contact us for future dates.

Groups take place at the Carers Support Centre (first floor), 24 George Street, Croydon CR0 1PB. Please note that there is no step-free access to the room. If you have accessibility needs, please let us know.

For more information, or just to talk to someone about what you're going through, call Tanya on 020 8649 6280 or email tanyafitzgerald@carersinfo.org.uk

The One Croydon Alliance is seeking to fund local voluntary and community groups to provide services or activities that will help reduce social isolation and loneliness. The service aims to target people over 55 with complex health or care needs including those with dementia and mental health conditions.

[Find out more](#)



What would you like Croydon to look like in 2030?

Things will look very different and Croydon Council want your feedback on six big topics:

1. Decent homes
2. Safe and secure communities
3. Jobs and economy
4. Culture supporting regeneration
5. Caring in communities
6. Addressing environmental challenges

More information is available on the [Big Conversation Website](#) where there is a survey that you can complete to share your views. A group discussion guide has also been produced to allow community groups to hold their own discussions.

Click [here](#) to complete the survey and here if you want to host a discussion.

The closing date for this is **31 March 2020**.

