

Edition 18
Date: 3rd December 2020

Bulletin

Please submit any information you would like included in the next bulletin by Monday 14th December to info@cnca.org.uk

Christmas Meals in the Borough

CVA will be running a Christmas Day event providing food hampers and gift packages for up to 50 families. In the run up to Christmas, from 1st December, donations will be accepted 10-12 every weekday. [More info can be found here](#)

FREE PACKED LUNCHES

When: Wednesday 23rd and Wednesday 30th December

Time: lunches available to collect between 10am-12pm

Where: Our lady of the Annunciation catholic parish church, 147 Bingham Road, CR0 7EN (church hall)

What: packed lunch (meat or veg)

Please note: if for whatever reason the advertised dates and times will be a struggle for you, please contact us directly and we will see what we can do to help.

• PLUS A LITTLE CHRISTMAS TREAT •

[Click here for Christmas projects in and around Purley Baptist Church](#)

Can you help? Do you know of anywhere offering free Christmas lunches, deliveries or other arrangements for those in need over the festive period?

Please let us know at: info@cnca.org.uk

CNCA's DBS Service

Please contact us with your DBS applications and get in touch with any enquiries. We are currently collecting postal applications weekly so they may take slightly longer than usual.

Croydon is now subject to Tier 2 restrictions.
[Find out more here](#)



COVID-19 update: a message from Councillor Hamida Ali, leader of the council

As we come to the end of four weeks of national restrictions, I want to thank everyone in Croydon for all they have done to help keep our borough safe.

Virtual Coffee Morning

Wednesday 9th December 2020

11am - 12.30pm



Meeting ID: 996 3099 2800



Topic: Covid-19 Information & Myths

Your questions answered by Rachel Flowers (Director of Croydon Public Health)

& Dr Vittal Shetty (Consultant in Anaesthesia & ITU at Epsom)

"Understanding the seriousness of COVID-19 from ITU perspective"



INFO@ARCCLTD.COM - 020 8684 3784 - WWW.ARCCLTD.COM

healthwatch Croydon



In our [impact of Covid 19 reports published in May](#) we mentioned the issue of mental health. We are pleased to see that there is a course open to all Croydon residents, funded by Croydon Council is being offered to help people be-

come mental health first aiders. The campaign comes after the mental health charity Mind revealed the scale of the impact of the coronavirus on mental health. Anyone can take the course, who is ready and willing. Follow the link below to sign up. [Find out more here>>>](#) You can sign up by emailing: MHFA@croydon.gov.uk



Croydon Adult Social Services User Panel (CASSUP)

CASSUP is a group of service users, carers of service users and Croydon residents who have a strong commitment to improving the way things are done. The panel meets six times a year and works in partnership with decision makers. They represent the views of the community to improve service delivery and access to social care services. Presently this group is looking to expand the diversity of this group, therefore if you are interested in joining please visit the link below to sign up. [Apply to join the CASSUP panel here.](#)

Reminder: deadline 11th Dec.

Seed Funding for Projects that bring Neighbours Together

<https://www.near-neighbours.org.uk/small-grants>

Small grants from £250 - £3000



CNCA Befriending Service—A Case Study

Mrs B aged 80 lives alone and her only son lives abroad. We provide her with a telephone befriending service during the Covid-19 lockdown and we have a good one hour conversation once a week. I asked her how she is managing, as she does not have many friends who live locally to her.

She told me she decided that her laptop would be her window to the outside world, and she bought a laptop and played around with it until she familiarised herself with it. As a book lover, reading is her main hobby, and she regularly googles people and places featured in her novels. Mrs B also loves music, and she gets a huge buzz from listening to her favourite bands on YouTube, and learning about other musicians from her favourite genres, especially jazz. Her son introduces her to his favourite bands too, so they have a shared interest. Mrs B has also discovered the Sky Arts Channel, and has been following the biographies of some of her favourite film stars.

In spite of the lockdown, Mrs B says that time seems to go very quickly, and having access to the internet has helped to keep her mind sharper than it would have been, especially as she rarely sees people face to face. One of our colleagues regularly skypes with one of her clients, and this is something that we hope to encourage, as there is no substitute for being able to smile at someone you are talking with.



Carers eligible for free flu vaccine

If you are the main carer for an elderly or disabled person, or you're receiving a Carer's Allowance, you are eligible for a free flu vaccine. If this applies to you, speak to your GP or local pharmacist about getting your flu vaccine.

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of flu and its complications.

During the pandemic, changes have been made to make sure it's safe for you to have the flu vaccine at GP surgeries and pharmacies. These changes include social distancing, hand washing and wearing protective equipment. It's important to go to your appointments unless you or someone you live with has symptoms of coronavirus.

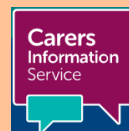
Find out more about who is eligible to get the free flu vaccine, visit: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>



The British Red Cross Community Resilience Workshop in Croydon ... 4th Dec, 12.30pm.
[Book your place here.](#)

Carers Information Service

Please follow this link for the latest news with links to their newsletter & e-bulletin
<http://www.carersinfo.org.uk/useful-information/newsletter>



Maria is inviting you to a scheduled Zoom meeting.

Topic: Fri Seated Exercise

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting <https://us04web.zoom.us/j/76807227448pwd=SytyVIV4TlkyaHdJLOVtcjh3N3VCQT09>

Meeting ID: 768 0722 7448

Passcode: 0rm2Mg



BAME CHRISTMAS QUIZ NIGHT

TUESDAY DECEMBER 15TH TIME: 7-9PM 2020

After an incredibly fun Black History Month quiz night in October, we're back again with a Christmas themed quiz. Are you ready for some British BAME Christmas trivia? Bring your game face and join us for some online festive fun.

Location: www.zoom.com | Meeting Number: 385 207 6159
Register on Eventbrite or email info@bmeforum.org

Eventbrite CROYDON Delivering for Croydon Croydon Health NHS Services CROYDON BME FORUM

@croydonbmeforum CroydonBMEForum @cbmeforum

Don't forget, the Nordic Walking with Communities First starts this Friday, 4th December. For further info, please contact: athornton@communitiesfirst.uk.com or call Adam on 07429 393972

Welderlies FESTIVE CHEER

COME & ENJOY THE FUN

Friday 18th December 2pm - 3.15pm

Welderlies Tel: 07497328230
Email: info@wellbeingyou.org
www.wellbeingyou.org

Share useful **TIPS** for a joyous season
Sing carols by our own **DJ TREVOR**
Merry Christmas **QUIZ** with fabulous prizes
Children and Grandchildren **WELCOME**

To join in go to Join Meeting on Zoom and enter 831 090 3951

between sisters studio © 2020



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