



**A Very Merry Christmas from us all at
Croydon Neighbourhood Care Association**



CNCA CHRISTMAS GIFT BOXES

We have been busy putting together our festive Gift Boxes which will be delivered before Christmas to elderly, vulnerable and isolated people across the borough of Croydon. Our befriending clients are alone over the Christmas period and it is so important to let them know that people do care and are thinking of them. Thank you to everyone that has donated. You can read more on our website [here](https://www.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, CRO 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](#)

CROYDON'S SAVINGS PROPOSALS

The Council wants to hear from you. The survey runs until 24th January.

Have your say here: www.croydon.gov.uk/savingsproposals

CROYDON
www.croydon.gov.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.

Festive Events Calendar

Our schedule runs from 21 December 2020 to 4 January 2021, including Christmas Day and Boxing Day, so there will always be something to do and someone to speak to.

All events will be hosted on Zoom and are free to attend.



Contact
People Who Care

Selsdon Contact are unable to hold their annual Christmas party this year. Instead, they have gifted 300 goody bags to their clients, delivered by volunteer drivers.



Croydon is now subject to Tier 3 restrictions. More information can be found here.

CROYDON TRADING STANDARDS

COMMUNITY ALERT

Scam Letters

Please keep a lookout for Scam Letters amongst your post and the post of loved ones. Strike up a conversation with your nearest and dearest, your neighbours or anyone you think may be vulnerable to scams, about the kind of mail they receive.

Some of the most common scams are:

Lottery and Prize Draw scams – letters which state you have won a lottery/foreign lottery you did not sign up for, or a draw you do not recognise. They may tell you to keep it a secret or respond quickly.

Clairvoyant and Psychic scams – letters telling you to buy a lucky charm, that you have good fortune coming your way, suggesting you spend money to hear more.

Advanced Fee Scams – letters asking for an upfront fee for goods, services or financial gains (inheritance scams) – these are things you will never receive – they just want your money and personal details. Again, they often encourage secrecy and a swift response.

Unsolicited Mail – mail from people or companies you are not expecting. Be vigilant as to what comes through your post box.

Please find more information and resources at

www.friendsagainstscams.org.uk/scamnesty

Zooming for the over 60s Zoom Meeting INVITE

Join us to have a chat and discuss topics of your interest.
It's a fun and informative session.

FREE



LET'S KEEP TALKING

Free and Confidential Counselling available from Tuesdays 10.00am



Barbara Allen BACP
Registered Psychotherapist

- Anxious
- Stressed
- Feeling overwhelmed
- Alone
- Fearful of the future
- Struggling with depression

Via Zoom - Pre-booked Appointments Only
For more information telephone 020 8680 3635

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10 Today | Physical activity for older people

Just 10 minutes of physical activity a day can benefit your physical and mental health. 10 Today is a short, enjoyable and easy routine.
<https://10today.co.uk/>



December Newsletter

We are currently running these online Zoom groups.

NEW - Tuesday 12pm - Low Impact Activity
Aimed at over 55s and beginners (no referral necessary for this class)

Monday 12pm
General Fitness/Cardio

Tuesday 3pm
Yoga

Thursday 1pm
Mindfulness

Friday 1pm
Relaxation

To refer someone to the Active Minds groups please fill out this form <https://www.mindincroydon.org.uk/wp-content/uploads/2020/02/Active-Minds-Referral-Form.doc>

and return to activeminds@mindincroydon.org.uk

Brief support to help people set up Zoom is available

We also offer stop/reducing smoking support, nutrition & weight management advice and alcohol reduction support as part of JustBe and helping people to make positive lifestyle changes.

Contact us at activeminds@mindincroydon.org.uk



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