

I attended the above event at All Saints Church Hall Sanderstead. These type of events are being rolled out across the borough and I would urge all of you to attend to see what projects are available and what support you can give to events with your community budgets and importantly what you feel is missing on the agenda. They cover a huge range of events/activities:

Active Minds • Age UK Handy Man /trusted assessors • Age UK Hospital and reablement team • Age UK Healthy Hubs (seated exercise taster session) • Alzheimer's Society: Singing for the Brain • City of London – Riddlesdown • Community Occupational therapy • Community Pharmacist • Croydon BME forum • Croydon Equipment Solutions Ltd • Croydon Neighbourhood Care Association • Croydon NHS Falls Service. • Croydon Social Services Croydon Vision • Croydon Volunteering Action • Diabetes UK (Croydon) • Disability Croydon • NHS Older Adult Community Mental Health Services • Safer Neighbourhood Team • Sanderstead Methodist Church: Coffee club • Seated Yoga (including a taster session) • Social Prescribing • St Christopher's Hospice • Parkinson's UK (Croydon) • Zumba (including a taster session).