

**Edition 81  
13th July 2023**

# Bulletin

Please submit any information you would like included in the next bulletin by Monday 24th July 2023  
[info@cnca.org.uk](mailto:info@cnca.org.uk)

## Do you run a group supporting the over 65s in Croydon? Would you be interested in joining and working in partnership with CNCA as a member group?

For more information on our membership offer and benefits, please contact us at [info@cnca.org.uk](mailto:info@cnca.org.uk) or call us at 020 8662 1000



### MENTAL HEALTH CARERS' SUPPORT

Are you living in Croydon, 16 years or above and looking after someone with a mental health problem? If so you are a carer. Carers can be relatives, partners, friends or neighbours.

As a carer you may not be aware of what help there is available to you. The Carers' Support Service can provide you with:

- Information on services available
- Support to access help you need
- An advocacy service
- Emotional support
- Access to events and workshops
- An opportunity to meet other carers
- Opportunities to get involved in the planning and development of services for carers
- Drop In for a brief conversation to get you connected with the support available for you or to book in for a more in depth consultation
- Support to understand and navigating the systems in Croydon
- Coping skills Groups and Workshops on sleep, anxiety, acceptance, low mood and more
- Guidance and Advice for Form Filling
- Connection with specialised Mental Health Welfare Benefits Support and Advice Team
- Carer Support Groups available



#### Location of Service:

**Mondays, Wednesdays & Fridays** - Fairfield House, 10 Altyre Road, East Croydon, CR0 5LA

**Thursdays** - Croydon Health and Wellbeing Space, 2nd Floor, Whitgift Centre, near Holland and Barrett

Please telephone 020 8688 1210 (option 3) or email [carers.support@mindincroydon.org.uk](mailto:carers.support@mindincroydon.org.uk) for more information or visit our website: [www.mindincroydon.org.uk/carers-services.asp](http://www.mindincroydon.org.uk/carers-services.asp)

 **Mind in Croydon**  
Charity no. 1073880

**CROYDON**  
[www.croydon.gov.uk](http://www.croydon.gov.uk)

### WELDERLIES FOR ME PROGRAMME

NEXT WORKSHOP: TUESDAY 25TH JULY 2023 11AM-1PM

**SUPPORTING  
THE ELDERLY TO  
ACHIEVE  
SELF CARE**

#### THEME- CONNECT WITH OTHER PEOPLE

- WHY CONNECT & AVAILABLE OPPORTUNITIES  
by Volunteer Centre & Age UK Croydon
- SHARING THE JOYS OF CONNECTING  
by Welderlies friends
- ROOM FOR IMPROVEMENT? GET INVOLVED by Group work

LIGHT REFRESHMENTS WILL BE AVAILABLE



PLACE: CVA RESOURCE CENTRE, 82 LONDON ROAD CRO 2TB

☎ 07375824615 FOR MORE INFORMATION



Please keep sharing your good news stories and any updates/issues  
[info@cnca.org.uk](mailto:info@cnca.org.uk)





Life Enrichment  
at BARCHESTER

Monthly Activities at  
Peony Court

Join us for our events throughout July

Our Reoccurring Events:

Age UK Lifestyle & Exercise Classes – **Every Tuesday throughout July**

Don't Dine Alone – **Every Friday throughout July at 1pm** – Join us for lunch

Peony Pals – **Every Monday at 11am** – Tea, cake and befriending

Wimbledon Mens' Final

Sunday 16<sup>th</sup> July



An afternoon of top quality tennis with Prosecco, Pimms and our finest English Strawberries served with lashings of cream of course! Call to book your place.

Sushi and Sake Tasting

Thursday 20<sup>th</sup> July at 7pm

Calling all sushi lovers! Learn about traditional and Modern Japanese sushi cookery, try your hand at making a California roll or Maki, and enjoy a guided tasting of Sake

Tea at the Court

Friday 28<sup>th</sup> July at 3pm

Our ever popular monthly afternoon tea, complete with Live musical entertainment and delicious sweet and savoury treats. Spaces are limited so call to book yours

Our events are free of charge, but call to book your place on 020 8469 8800

Peony Court Care Home, 58 Addiscombe Road, Croydon CR0 5PH

[www.barchester.com/PeonyCourt](http://www.barchester.com/PeonyCourt)



What's On in July

## Discovering What's Strong, not What's Wrong - Monday, 17 July

A three-hour workshop designed to give those holding strengths-based conversations with residents the opportunity to develop effective techniques that empower, increase confidence and help connect people to opportunities around them. All those working in the Council, Voluntary and Community Sector and Health settings are warmly invited, particularly as this will help strengthen partnership working in Croydon. Venue: CVA Resource Centre, 82 London Rd, Croydon CR0 2TB

Register here: [Discovering What's Strong, not What's Wrong Tickets, Mon 17 Jul 2023 at 13:00 | Eventbrite](#)

(Places allocated on a first come, first served basis)

Doctors strikes



Thurs 13 July - Tues 18 July

Thurs 20 July - Sat 22 July

Please use  
111.nhs.uk and in  
emergencies call  
999



Go HERE to  
read the  
most recent



newsletter from  
Reengage which covers  
the following topics:

- ◆ Loneliness and it's impact on older people
- ◆ Celebrating 27 years of volunteering
- ◆ The Climate is Changing
- ◆ Ageism is prevalent and bad for all of us
- ◆ Enjoy the sun but stay safe

citizens  
advice

Check if something  
might be a scam

Scams can be difficult to recognise, but there are things

you can look out for.

To find out more about recognising a scam or if you think you've spotted a scam and how to protect yourself online: [Check if something might be a scam - Citizens Advice](#)



New Vacancy:

**ACTIVE MINDS GROUPS &  
ACTIVITIES FACILITATOR**

Closing date for  
applications: 26/7/23

Information and job  
description can be found [HERE](#)

The CNCA bulletin is issued every 2 weeks. If you've been forwarded this and would like to subscribe, please contact us at [info@cnca.org.uk](mailto:info@cnca.org.uk).