

Happy 100th Birthday



WOW



100



Our lovely client George celebrated his 100th birthday last week. He was delighted to be visited by Margaret, our Befriending Co-ordinator who took gifts, cake and decorations. His most treasured gift though was, of course, his card from the Queen!

CROYDON TRADING STANDARDS

This year's scams awareness campaign focuses on scams and the cost of living crisis. Scammers seek to exploit vulnerability - from the coronavirus pandemic to recessions, times of difficulty often see a corresponding increase in related scams.. See below

Scams and the Cost of Living

Delivery Scam

Plastic Card Scams

Doorstep Selling & Cold Calling

The next Local Community Partnerships - Croydon South-West locality meeting will be on Wednesday, 29 June 2022 from 10:00 - 12:30.

This meeting will be held in person at Christ Church, Purley. Book here: [Local Community Partnerships – Croydon South-West Tickets, Wed 29 Jun 2022 at 10:00](#)



Join
Welderlies
Healthy Active
Lifestyle

between sisters studio © 2022



Clocktower Café, Katherine Street
Next to central library

Biweekly Walks on **Monday 4th July** at *Wandle Park*,
Cornwall Road, CR0 3RD at 11am
Meet at Wandle Park Tram Stop at **10.50am**

Free monthly *Seated Exercise*, **Friday 22nd July** session will
feature *Celestina Oniye-Thomas* of Floating Counselling leading
talk on 'How the elderly can keep their minds at ease'
Plus related mind exercises
Second to last Friday of the month at **2 - 3.30pm**

Monthly *Healthy Lunch Club*, **Friday 29th July** with games
in an exhilarating atmosphere, *Plus* discuss topic
of interest for just **£3** a month.
Friday at **1 - 3pm**

Contact : Welderlies Tel: 07870508790 OR Email: sylvia3k@gmail.com for more information



"If it weren't for Contact I wouldn't go out"

On the 1st June, Contact held an afternoon tea for our lovely clients to celebrate the Jubilee. Tea, sandwiches and lots of yummy cakes. We toasted the Queen, sang the National Anthem and had a jolly good time. We received lots of thank-you calls to the office afterwards, the above being a quote from one of them.



The party only happens because of our band of volunteers, all of whom thoroughly enjoyed the afternoon as well.

These events - celebration teas, outings, weekly shopping bus - all take a lot of organisation but, together with our regular contact calls to client are a vital way of preventing isolation and loneliness.

Would you be able to spare a few hours each week to help in the office? We are a very friendly team. The work is varied - no two days are ever the same. There is a lot of telephone work and you would be helping link volunteers to clients, e.g. finding drivers to take clients to medical appointments, to collect prescriptions, volunteers for befriending, and much, much more.

Full training and support is provided and the job satisfaction is 100% and your efforts are much appreciated (just ask any of our clients). Come and help the community and have fun, too!

If you think you may be interested, please contact us on 8651 4944 or pop in to see us. We are situated on the lower ground floor of Selsdon Community Centre.

We look forward to hearing from you.

The new Community Hubs are now up and running in New Addington (New Addington Pathfinders) and Selsdon

**NEW ADDINGTON PATHFINDERS
COMMUNITY HUB**
120 CENTRAL PARADE,
NEW ADDINGTON, CR0 0JW

Want to know where you can get information and support to help you stay well and independent in your local community?
No need to make an appointment - just come along for a chat and a cuppa and find out how we can help. Bring a family member or a friend!

Are you caring for someone in your family?

Your friendly local staff will help you find information and support related to:

- Staying healthy and active
- Organisations and things to do in your local community
- Support for carers
- Many other things that you may like some help with

**THE FIRST HUB WILL OPEN ON 27TH APRIL 2022
AND WILL BE HELD EVERY WEDNESDAY
FROM 10:30AM-1:30PM**

For further information contact james.moore@cvalive.org.uk
Tel: 07943 382 193

**SELSDON
COMMUNITY HUB**
Commencing
7TH JUNE 2022
1pm till 4pm

The Selsdon Community Hub will be
EVERY FIRST TUESDAY of the month

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Location:
Selsdon Baptist Church
153 Addington Road
CR2 8LL

Please keep sharing your good news stories and any updates/issues
info@cncs.org.uk