

# **The Aztec Centre (Croydon Equipment Solutions)**

Our range of equipment will help you stay independent. Just tell us your challenges and we will find a solution that suits you!

## **Our Range of Mobility Solutions Include:**

### **HELP WITH DAILY LIVING**

- Riser recliner chairs
- High seat chairs
- Beds and mattresses
- Hoists
- Bathing /Toileting
- Various Small Kitchen / Dressing equipment
- Telecare (Pendant Alarms)

Walking Frames, Mobility Scooters, Fitting hand rails and grab rails.

**Open Mon - Fri: 9am - 5pm**

**Tel:020 8664 8860 (ex: 229)**

**Aztec Centre, 28 Boulogne Road, Croydon,  
CR0 2QT**

## **Carer's Befriending Service**

Are you a carer? Would you benefit from extra support a telephone friendship could provide?

Being a carer can be hard to adapt to. Not having someone to talk to about your responsibilities/caring role can be lonely and isolating. That's where the Carers Telephone Befriending service can help!

If you, or someone you know feels lonely and isolated, has little or no support from family or friends and is happy to have a conversation over the phone, please contact us.

**Phone: 020 8654 4440**  
**Email: [carers@cnca.org.uk](mailto:carers@cnca.org.uk)**



**Croydon  
Neighbourhood  
Care**

## **Neighbourhood Care Services**

**Supporting Adults throughout the  
Borough of Croydon**

**Tel:020 8662 1000**

Central Hall  
Davidson Lodge  
Freemasons Road  
Croydon  
CR0 6PD

**Email: [info@cnca.org.uk](mailto:info@cnca.org.uk)**  
**Web: [www.cnca.org.uk](http://www.cnca.org.uk)**

Supported by

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



**CROYDON  
CHARITY**  
SERVICE DELIVERY GROUP



**INVESTORS  
IN PEOPLE** | Bronze

## Croydon Neighbourhood Care

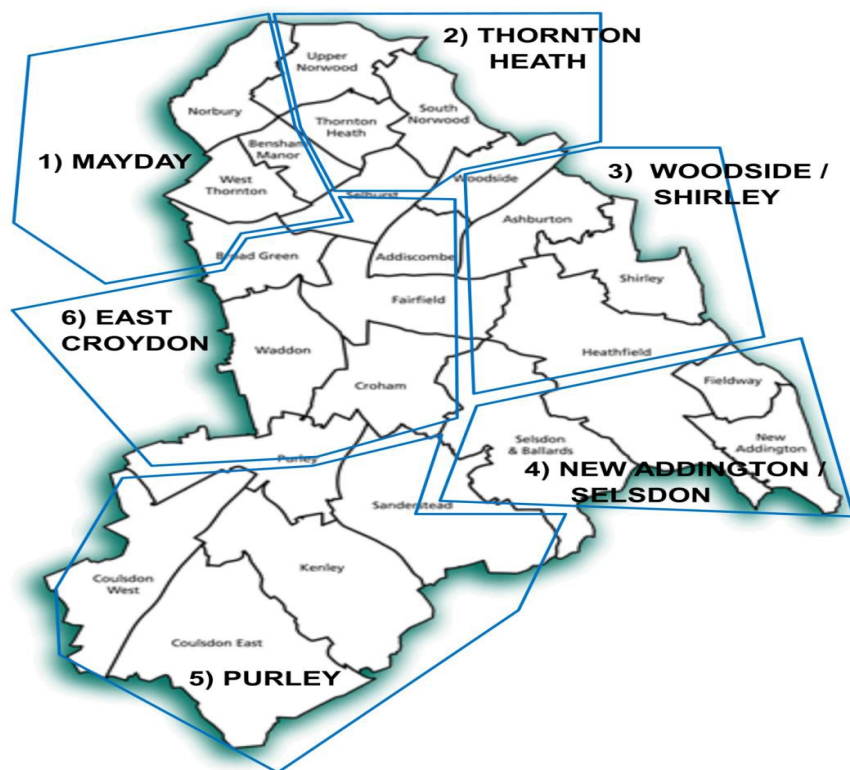
Croydon Neighbourhood Care is an umbrella charity, working to meet the needs of Isolated, vulnerable and frail people throughout the Borough. We support local Neighbourhood Care Associations and provide services and advice to adults within Croydon.

Our principal objective is to promote, support and develop local Neighbourhood Care Schemes to continue to provide preventative services to the community through best practice, training and development.

We offers services such as; DBS checks, printing, policies support and partnership initiatives.

All organisations within this Brochure belong to our Membership Scheme - If you wish to join us, please contact us direct.

**Map of Croydon**



## DBS Checks

The Disclosure and Barring Service (DBS) Checks (previously CRB Checks) are an essential part of running an Organisation/Group which deals with Vulnerable Groups and Volunteers. It is now a Statutory requirement for many Neighbourhood Care Groups, Third Sector Organisations and Private Sector Groups (Medical Practices, Clinics, Dentists, etc.) to ensure that all their Salaried Staff and Volunteers are DBS Checked, especially if they are receiving funds from or dealing with Governmental/Local Government Organisations like the London Borough of Croydon.

We are able to provide the following:

- We can ensure that the necessary Documentation is completed promptly to allow DBS Application Forms to be processed
- Detailed instructions and guidance notes to assist the Organisation/Group and Applicant
- A completely confidential service with a free tracking service
- A competitively priced fee structure
- One-to-One meetings if required

## CNCA Membership Services

- Advertising of your Group Services in the CNCA Brochure
- DBS Checks - Official Counter Signatory
- Access to Training Programmes organised and hosted by CNCA
- Attendance at CNCA's Membership Forum Meetings
- Advice, Information and Support
- Referrals to our Befrienders and Telephone Befrienders
- Circulation of Information around other CNCA Member Groups

For any of these services please contact us on either 020 8662 1000 or [info@cnca.org.uk](mailto:info@cnca.org.uk)

## Neighbourhood Care Group Details

### 38. South Norwood and Woodside Community Association (S.N.W.C.A)

South Norwood Methodist Church, Suffolk Road, South Norwood, London, SE25 6EG

Tel: 020 8768 2698

Email: snwca@hotmail.co.uk

Open: 10.30am-2.30pm, Mon, Wed, Thur

Tue 2-4pm Stroke Club, Fri - Adults with learning difficulties only

**Services Provided: B, E, F, K, M, T, U**

### 39. Stanley People's Initiative (The)

12 South Norwood Hill, South Norwood, London, SE25 6AB

Tel: 020 3287 9901

Email: info@stanleyhalls.org.uk Web: www.stanleyhalls.org.uk

**Services Provided: Community management for Stanley Halls**

### 40. Stroke Action Croydon

103 Granville Close, Croydon, CR0 5PZ

Tel: 020 8688 8132 / 07903 052 577

Email: Strokeactioncroydon@yahoo.co.uk Web: www.strokeactioncroydon.org

**Services Provided:**

### 41. Subrang Arts

43 Brancaster Lane, Purley, Croydon, CR8 1HJ

Tel: 0775287133

Email: info@subrangarts.co.uk

**Services Provided: K**

### 42. Timebridge Community Centre

Timebridge Centre, Fieldway, New Addington, Croydon, CR0 9AZ

Tel: 01689 842992 Email: timebridgecentre@gmail.com

**Services Provided: Youth Clubs (8-13 and 12-19), Community Space (for hire),**

**Boxing Club, Steel Band, Nursery**

### 43. Upper Norwood Association for Community Care (UNACC)

The Waterside Centre, 26 Avenue Road, London, SE25 4DX

Tel: 020 8771 6886

Email: info@unacc.org.uk, Web: www.unacc.org.uk

Open: 9.30am-2.30pm, Mon, Tue, Wed & Fri

**Services Provided: B, D, F, G, K, L, M, P**

### 44. Waddon Community Outreach

Church House, Barrow Road, Waddon, Croydon, CR0 4EZ

Tel: 020 8688 7006

Email: patricia.vowles@yahoo.com

**Services Provided: A, D, I, K, M, T**

### 45. Westbury Community Project

Mercedes Amos Day Centre

Byers Memorial Hall, 183 Handcroft Road, Broad Green, Croydon, CR0 3LF

Tel: 020 8664 8101

Email: westburycomproj@aol.com

Open: 10am-4pm, Tue-Thur

**Services Provided: B, E, G, K, L, M, N, T**

## Key to Neighbourhood Care Groups

| No. | Group Name   | Position on Map |
|-----|--|-----------------|
| 1.  | Abbeyfield Sanderstead Society Ltd                         | (5)             |
| 2.  | Abbeyfield Southern Oaks                                   | (5)             |
| 3.  | Action on Elder Abuse                                      | (1)             |
| 4.  | Addiscombe Neighbourhood Care Association                  | (6)             |
| 5.  | Age UK Croydon   | (2)             |
| 6.  | Age UK Croydon   | (6)             |
| 7.  | Age UK Croydon   | (6)             |
| 8.  | Age Unlimited Enriching Skills                             | (6)             |
| 9.  | Avenues Group  | (6)             |
| 10. | Broad Green Tai Chi Group                                  | (6)             |
| 11. | Croham Hurst Good Neighbours                               | (6)             |
| 12. | Croydon African Caribbean Family Organisation              | (2)             |
| 13. | Croydon Asian Women's Organisation                         | (2)             |
| 14. | Croydon 60+ Club   | (6)             |
| 15. | Croydon Universal Group                                    | (2)             |
| 16. | Eastern Oasis Luncheon Club                                | (5)             |
| 17. | Family Focus   | (6)             |
| 18. | Fieldway Over 50's   | (4)             |
| 19. | Inaspectrum  | (2)             |
| 20. | Jagruiti Women's Group                                     | (2)             |
| 21. | Kenley Lunch Club  | (5)             |
| 22. | Longheath Community Care and Church Centre                 | (3)             |
| 23. | New Addington Baptist Church Community Family Project      | (4)             |
| 24. | New Addington Good Samaritans (N.A.G.S)                    | (4)             |
| 25. | Old Coulsdon Centre (for the retired)                      | (5)             |
| 26. | Parchmore Methodist Church and Community Centre            | (2)             |
| 27. | Purley & Coulsdon Clubs for the Elderly (P.A.C.E)          | (5)             |
| 28. | Purley Cross Centre  | (5)             |
| 29. | St Andrew's Contact Group                                  | (5)             |
| 30. | St Edmund's Caring Group                                   | (5)             |
| 31. | Sanderstead Neighbourhood Care                             | (5)             |
| 32. | Selsdon Centre for the Retired                             | (4)             |
| 33. | Selsdon Contact  | (4)             |
| 34. | Shahjalal Mosque and Islamic Cultural Centre               | (2)             |
| 35. | Shiloh Senior Members Community Club                       | (2)             |
| 36. | Shirley Neighbourhood Care Scheme                          | (3)             |
| 37. | South Croydon Day Centre for the Elderly                   | (6)             |
| 38. | South Norwood & Woodside Community Association (S.N.W.C.A) | (2)             |
| 39. | Stanley Halls People's Initiative (The)                    | (2)             |
| 40. | Stroke Action Croydon                                      |                 |
| 41. | Subrang Arts   | (5)             |
| 42. | Timebridge Community Centre                                | (4)             |
| 43. | Upper Norwood Association for Community Care (U.N.A.C.C)   | (2)             |
| 44. | Waddon Community Outreach                                  | (6)             |
| 45. | Westbury Community Project                                 | (6)             |

# Neighbourhood Care Group Details

## 1. Abbeyfield Sanderstead Society Ltd

2 Beechwood Road, Sanderstead, South Croydon, CR2 0AA

Tel: 020 8768 3737 / 020 8657 6668

Email: [aflds@tiscali.co.uk](mailto:aflds@tiscali.co.uk), Web: [abbeyfield.com/Sanderstead](http://abbeyfield.com/Sanderstead)

**Services Provided:** D (On occasion - please call for further details)

## 2. Abbeyfield Southern Oaks

7 West Street, Ewell Epsom, KT17 1UZ

Tel: 020 8394 0050

Email: [admin@abbeyfieldsouthernoaks.org](mailto:admin@abbeyfieldsouthernoaks.org) Web: [www.abbeyfieldsouthernoaks.org](http://www.abbeyfieldsouthernoaks.org)

**Services Provided:** A, D, K

## 3. Action on Elder Abuse

23-25 Mitcham Lane, LONDON, SW16 6LA

Tel: 020 8835 9280

Email: [volunteers@elderabuse.org.uk](mailto:volunteers@elderabuse.org.uk) Web: [www.elderabuse.org.uk](http://www.elderabuse.org.uk)

Action on Elder Abuse

## 4. Addiscombe Neighbourhood Care Association (A.N.C.A)

(Includes Long Lane area)

The ANCA Office, St. Mildred's Centre, 30 Bingham Road, Croydon, CR0 7EB

Tel: 020 8654 5062

Email: [info@anca.org.uk](mailto:info@anca.org.uk), Web: [www.anca.org.uk](http://www.anca.org.uk)

Open: 9.30am-12 noon, Mon-Fri

**Services Provided:** A, B, C, E, H, I, J, K, L, M, R

## 5. Age UK Croydon

2 Katharine Street, Croydon, CR0 1NX

Tel: 020 8680 5450 Email: [aukc@ageukcroydon.org.uk](mailto:aukc@ageukcroydon.org.uk)

**Services Provided:** F, I, L

## 6. Age UK Croydon

81 Brigstock Road, Thornton Heath, Croydon, CR7 7JH

Tel: 020 8683 7100 Email: [aukc@ageukcroydon.org.uk](mailto:aukc@ageukcroydon.org.uk)

**Services Provided:** D, G, K, M, Q, U

Offers a range of health and well-being information, daily activities and events.

## 7. Age UK Croydon

5th Floor, 22 Park House, Park Street, Croydon, CR0 1YE

Tel: 020 8680 5450 Email: [aukc@ageukcroydon.org.uk](mailto:aukc@ageukcroydon.org.uk)

**Services Provided:** A, I, L

Advocacy, Befriending and Volunteer Services

# Neighbourhood Care Group Details

## 32. Selsdon Centre for the Retired

Selsdon Community Centre (Next to Sainsbury's)

132 Addington Road, South Croydon, CR2 8LA

Tel: 020 8651 1111

Email: [selsdon.centre@btinternet.com](mailto:selsdon.centre@btinternet.com), Web: [www.selsdoncentre.org.uk](http://www.selsdoncentre.org.uk)

Open: 10am-2.30pm, Mon-Fri

**Services Provided:** B, E, F, G, K, M

## 33. Selsdon Contact

Selsdon Community Centre, (Lower ground floor, Sainsbury's), 132 Addington Road, South Croydon, CR2 8LA

Tel: 020 8651 4944

Email: [info@selsdoncontact.org.uk](mailto:info@selsdoncontact.org.uk), Web: [www.selsdoncontact.org.uk](http://www.selsdoncontact.org.uk)

Open: 10am-3pm, Mon-Fri

**Services Provided:** A, C, D, E, G, H, I, J, L, M, P, R, S, U

## 34. Shahjalal Mosque and Islamic Cultural Centre

170 Handcroft Road, Thornton Heath, Croydon, CR0 3LE

Tel: 020 8664 1874

Email: [info@shahjalalmasjid.co.uk](mailto:info@shahjalalmasjid.co.uk)

**Services Provided:** Daily Prayer Meetings, Children's Religious Classes, Fun days.

## 35. Shiloh Senior Members Community Club

Shiloh Church Hall, 61-69 Bensham Grove, Thornton Heath, CR7 8DD

Tel: 020 8771 1565

Email: [church@shilohworshipcentre.org](mailto:church@shilohworshipcentre.org), Web: [www.shilohworshipcentre.org](http://www.shilohworshipcentre.org)

Open: 11am-3pm, two Tuesdays in a month

**Services Provided:** B

## 36. Shirley Neighbourhood Care Scheme

Shirley Methodist Church, Eldon Avenue, Croydon, CR0 8SD

Tel: 020 8662 9599

Email: [snscs1970@gmail.com](mailto:snscs1970@gmail.com), Web: [shirleyneighbourhoodcarescheme.co.uk](http://shirleyneighbourhoodcarescheme.co.uk)

Open: 10am-12.30pm, Mon-Fri

**Services Provided:** A, B, E, H, L, M, U

## 37. South Croydon Day Centre for the Elderly

Rear St. Peter's Hall, Ledbury Road, Croydon, CR0 1EP

Tel: 020 8681 7948

Email: [office@southcroydoncentre.org](mailto:office@southcroydoncentre.org), Web: [www.southcroydondc.org](http://www.southcroydondc.org)

Open: 10am-4pm, Mon-Thurs

**Services Provided:** B, D, E, F, K, L, M, T

## KEY TO SERVICES PROVIDED

A. Be-friending Service

B. Lunch Clubs

C. Carers Respite / Support

D. Coffee Mornings/ Tea Parties

E. Transport

F. Pop-In

G. IT / Computer Support

H. Shopping Bus

I. Home Support Visits

J. Equipment for Hire

K. Exercise Classes

L. Information and Advice

M. Outings and Events

N. Dementia Support Services

O. Mental Health Support

P. Bereavement Support

Q. Sports Activities

R. Gardening

S. Family Support

T. Day Centre

U. Shopping Service

V. Family Services



## Neighbourhood Care Group Details

### 26. Parchmore Methodist Church and Community Centre

53 Parchmore Road, Thornton Heath, CR7 8LY

Tel: 020 8653 7353 / 8998

Email: [admin@parchmore.org](mailto:admin@parchmore.org) / [jenny@parchmore.org](mailto:jenny@parchmore.org) Web: [www.parchmore.org](http://www.parchmore.org)

Open: 9.30am-4.00pm, Mon-Fri

**Services Provided: B, E, F, K, L, M, U**

### 27. Purley & Coulsdon Clubs for the Elderly (PACE)

Dorothy Mortby Centre, 119 Lansdowne Road, Purley, CR8 2PE

Tel: 020 8668 2270 Email: [pace119@btinternet.com](mailto:pace119@btinternet.com)

Open: 11.30am-3.30pm Wed, 10am-3pm Thur, 11am-2pm Fri (Shopping bus to Tesco operates on Tuesdays - call to check availability and pick up/return times in your area)

**Services Provided: B, C, M, T, U**

### 28. Purley Cross Centre (Community Information)

24 High Street, Purley, CR8 2AA

Tel: 020 8668 4189

Email: [manager@purleycrosscentre.org](mailto:manager@purleycrosscentre.org), Web: [www.purleycrosscentre.org](http://www.purleycrosscentre.org)

Open: 10am-2pm, Mon-Fri

**Services Provided: G, L**

### 29. St. Andrew's Contact Group

St Andrew's Church, Woodmansterne Road, Coulsdon, CR5 2DD

Tel: 01737 555996

Email: [contactgroup@standrews.coulsdon.net](mailto:contactgroup@standrews.coulsdon.net) Web: [www.standrews.coulsdon.net](http://www.standrews.coulsdon.net)

Open: 9am-5pm, Mon-Fri

Pop in every second Tuesday in the month from 2-4pm

**Services Provided: A, D, E, F, I, L, M, P, U**

### 30. St. Edmund's Caring Group, Riddlesdown

Correspondence: 20 Lower Barn Road, Purley, CR8 1HQ

Tel: 020 8651 9442 Email: [richardwragg@hotmail.co.uk](mailto:richardwragg@hotmail.co.uk)

Open: 10am-12 noon, Mon-Fri

**Services Provided: A, B, E, I, M, S, U**

### 31. Sanderstead Neighbourhood Care

All Saints Hall, Onslow Gardens, Sanderstead, CR2 9AB

Tel: 020 8657 8289

Email: [sanderstead.neighbourhood.care@gmail.com](mailto:sanderstead.neighbourhood.care@gmail.com)

Open: 10am-12.30pm, Mon-Fri

**Services Provided: A, B, E, L, M, U**

## Neighbourhood Care Group Details

### 8. Age Unlimited Enriching Skills

3space Croydon, 5th Floor, Southern House, Wellesley Grove, CR0 1XG

Tel: 020 8651 1343

Email: [info@ageunlimited.co.uk](mailto:info@ageunlimited.co.uk) Web: <http://www.ageunlimited.co.uk>

### 9. Avenues Group

c/o CVA Resource Centre, 82 London Road, Croydon, CR0 2TB

Tel: 07917 508275

Email: [Sonia.gayle@avenuesgroup.org.uk](mailto:Sonia.gayle@avenuesgroup.org.uk)

**Dementia Support Services in Croydon**

**Services Provided: O, S**

### 10. Broad Green Tai Chi Group

Correspondence: 146 Eastney Drive, West Croydon, CR0 3TF

Meets at: Buddhist Centre, 96-98 High Street, Croydon, CR0 1ND

Tel: 0208 240 0815 / 020 8771 8003 Email: [larpeg36@yahoo.co.uk](mailto:larpeg36@yahoo.co.uk)

Web: [www.cnca.org.uk/broad](http://www.cnca.org.uk/broad)

Open: 10.30am -11.30am, Thursdays (Cost: £5 each)

**Services Provided: K**

### 11. Croham Hurst Good Neighbours

CHGN Office, Croham Road Baptist Church, Croham Road, Croydon, CR2 7BA

Tel: 020 8649 9678

Email: [chgnoffice@gmail.com](mailto:chgnoffice@gmail.com), Web: [www.chgn.org.uk](http://www.chgn.org.uk)

Open: 10am-12.30pm, Mon-Thur

**Services Provided: A, C, D, E, H, I, L, M, P, R, U**

### 12. Croydon African Caribbean Family Organisation

40 Northwood Road, Thornton Heath, CR7 8HQ

Tel: 020 8127 4550

Email: [info@cacfo.org.uk](mailto:info@cacfo.org.uk), Web: [www.cacfo.org.uk](http://www.cacfo.org.uk)

Open: 9am-5pm, Mon-Fri

**Services Provided: A, B, C, E, F, G, K, M P, T**

### 13. Croydon Asian Women's Organisation

Correspondence: 89 Galpins Road, Thornton Heath, CR7 6EN

Meets at: 19 Hood Close, Derby Road, Croydon, CR0 3SN

Tel: 020 8409 1152. Email: [n\\_rashid\\_11@hotmail.com](mailto:n_rashid_11@hotmail.com)

Open: Every Monday from 12noon-3pm

**Services Provided: D, E, I, K, M, T**

## KEY TO SERVICES PROVIDED

A. Be-friending Service

B. Lunch Clubs

C. Carers Respite / Support

D. Coffee Mornings/ Tea Parties

E. Transport

F. Pop-In

G. IT / Computer Support

H. Shopping Bus

I. Home Support Visits

J. Equipment for Hire

K. Exercise Classes

L. Information and Advice

M. Outings and Events

N. Dementia Support Services

O. Mental Health Support

P. Bereavement Support

Q. Sports Activities

R. Gardening

S. Family Support

T. Day Centre / Social Centre

U. Shopping Service

V. Family Services

## Neighbourhood Care Group Details

### 14. Croydon 60+ Club

58 Addiscombe Road, Croydon, CR0 5PH  
Tel: 020 8680 0084  
Email: darbyjoan7@yahoo.co.uk  
Open: 9.30am-3.30pm, Mon-Sat  
**Services Provided: B, G, K M, T**

### 15. Croydon Universal Group

Palmcroy House, 387 London Road, Croydon, CR0 3PB  
Tel: 07721187 285 Email: Stanford\_elliot@hotmail.co.uk  
Open: 10am-2pm Every Friday  
Services Provided: A, G, U  
Open: 11.30am-5pm, Tue and Thurs  
**Services Provided: A, B, F, I, K, T**

### 16. Eastern Oasis Luncheon Club

Correspondence: 71 Woodcote Grove Road, Coulsdon, CR5 2AL  
Meets at: The Salvation Army, 66 High Street, Thornton Heath, CR7 8LF  
Tel: 020 8683 2996 or 07956 219163 Email: easternoasisluncheonclub@gmail.com  
Open: 11.30am-5pm, Tue and Thurs  
**Services Provided: A, B, I, K T**

### 17. Family Focus

Meets at: St George's Centre, Barrow Road, Waddon, CR0 4EZ  
Correspondence: 17 Chaffinch Avenue, Croydon, CR0 7SF  
Tel: 07892 402363 Email: suehuxtable17@gmail.com  
Open: 9.30am-11.30am, Thurs  
**Services Provided: L, S, T**

### 18. Fieldway Over 50's

Correspondence: 39 The Lindens, Fieldway, New Addington, CR0 9EJ  
Meets at: Fieldway Community Centre, Fieldway, New Addington, Croydon, CR0 9AZ  
Tel: 01689 842 682 Email: valeriegage36@yahoo.com  
Open: 10am-12 noon, Thurs  
**Services Provided: D, G,M T**

### 19. Inaspectrum

Correspondence: 72 Falkland Park Avenue, South Norwood, London, SE25 6SH  
Tel: 07900 990292  
Email: inaspectrum@hotmail.com Web: www.inaspectrum.com  
**Enabling Adults with Autism**  
**Services Provided: D, L, M, O**

## Neighbourhood Care Group Details

### 20. Jagruti Women's Group

Correspondence: 9 Wessex Court, 15 Bickley Road, Bromley, BR1 2ND  
Meets at: Winterbourne Youth Centre, 28 Winterbourne Road, Thornton Heath, CR7 7QT  
Tel: 020 3719 1804  
Email: info@jagrutiwomens.co.uk, Web: www.jagrutiwomens.co.uk  
Open: 12 noon - 4.00pm, Tue  
**Services Provided: K, T (snacks provided)**

### 21. Kenley Lunch Club

Correspondence: 118 Welcomes Road, Kenley, CR8 5HH  
Meets at: Kenley Memorial Hall, 92 Godstone Road, Kenley, CR8 5AB  
Tel: 020 8660 1988  
Email: searyakd@talktalk.net, Web: www.cnca.org.uk/kenleyclub  
Open: 11.45am-1.45pm, Tue (last Tue in month Bingo 11.45am-2.45pm)  
**Services Provided: B, E Nail cutting service provided.**

### 22. Longheath Community Care & Church Centre

49a Longheath Gardens, Croydon, CR0 7TQ  
Tel: 020 8654 5204  
Email: longheath\_centre@btopenworld.com  
**Services Provided: B, F, K, M, S**

### 23. New Addington Baptist Church Community Family Project

New Addington Baptist Church, 39 Arnhem Drive, New Addington, Croydon, CR0 0EE  
Tel: 01689 800291  
Email: cfp@newaddingtonbaptistchurch.co.uk Web: www.newaddingtonbaptistchurch.co.uk  
Open: 9am-4pm, Mon-Fri  
**Services Provided: A, B, I, S**  
Advocacy is offered around housing, benefits and health.

### 24. New Addington Good Samaritans

The Pop-In, 1 Salcot Crescent, New Addington, CR0 0JG  
Tel: 01689 841176  
Email: nagspopin@btconnect.com, Web: www.cnca.org.uk/newaddington  
Open: 09.00am-4.00pm, Mon-Fri (closes at 14.00 pm on Tuesdays)  
**Services Provided: B, D, E, F, G, J, K, L, M, Q,**

### 25. Old Coulsdon Centre (for the retired)

Old Coulsdon Centre, Grange Park, Coulsdon Road, Old Coulsdon, CR5 1EH  
Tel: 01737 554386  
Email: occr@btinternet.com, Web: www.occfr.org  
Open: 10am-4pm, Mon-Fri  
**Services Provided: B, C, D, E, F, K, L, M**

### KEY TO SERVICES PROVIDED

|                                 |                           |
|---------------------------------|---------------------------|
| A. Be-friending Service         | G. IT / Computer Support  |
| B. Lunch Clubs                  | H. Shopping Bus           |
| C. Carers Respite / Support     | I. Home Support Visits    |
| D. Coffee Mornings/ Tea Parties | J. Equipment for Hire     |
| E. Transport                    | K. Exercise Classes       |
| F. Pop-In                       | L. Information and Advice |

|                              |                     |
|------------------------------|---------------------|
| M. Outings and Events        | S. Family Support   |
| N. Dementia Support Services | T. Day Centre       |
| O. Mental Health Support     | U. Shopping Service |
| P. Bereavement Support       | V. Family Services  |
| Q. Sports Activities         |                     |
| R. Gardening                 |                     |