

Contact
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Contact
People Who Care

www.selsdoncontact.org.uk

VOLUNTEERS NEWSLETTER

New Year 2015

Introduction

My first Christmas as Contact Manager is over and it is full steam ahead into 2015. As I write we have been fairly fortunate with the weather with no snow on the ground and only a few freezing mornings (I hope these words do not come back to haunt me !!). I could not believe the number of well wishers we had visiting the office before Christmas, many coming bearing boxes of biscuits and other gifts. Jasmine, I and the other office volunteers will have to watch our waistlines in 2015 Thank you all for your kind wishes, cards and gifts.

In 2015 we are planning a busy year of outings, our ever growing coffee mornings, transport for health appointments and our popular befriending service. Remember we are always at the end of the phone line to offer advice and assistance.

Happy New Year

Andy



Looking back at a Cracking Christmas



We had a great Christmas party on the 4th December 2014, 67 clients enjoying food, drink and excellent entertainment from the Selsdon Primary School Choir and the speaker Roger Hoath who gave some entertaining anecdotes about his friendship with Barbara

Cartland. A team of 50 volunteers all played their part in making the event a great success .

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Student Support

We are very fortunate to get amazing support from sixth formers at both Croydon High and Trinity school. They volunteer to pop round for a cup of tea, clean out a cupboard or do a small D.I.Y jobs or a spot of gardening. If you would like a student to pop round for a visit please phone the Office (Tel: 020 8651 4944)



Outings:



We have been busy organising outings for 2015. We have tried to put a varied programme together of local trips and day outings. The list and dates are as follows:-

Cream tea and Film at Jubilee Coffee Shop	Wed. 25 th Feb.
Lunch at Toby Carvery, South Croydon	Thur. 19 th March
St Marys, Addington - World War 1 Exhibition and lunch at Harvester	Tues. 14 th April
Woodcote Garden Centre	Fri. 22 nd May
Eastbourne Day Trip	Thur. 25 th June
Croydon Museum and Central Library Cafe	Thur. 23 rd July
Visit to Poppy Factory, Richmond	Thur. 20 th August
Polehill Garden Centre	Wed. 9 th September
Croydon Airport Visitor Centre	Thurs. 15 th October
The Glades, Bromley (Christmas Shopping Trip)	Tues 10 th November

If you are available to help out on any of these outings or would like more information please phone the Office (Tel: 020 8651 4944)

Summer Holiday – Torquay 14th-18th September 2015

One of our volunteers, Christine Woodin, is organising a holiday for people who attend the Selsdon Centre for the Retired and Contact Clients. The holiday will take place at the Cavendish Hotel in Torquay. Christine is looking for a couple of volunteers to go on the holiday; if you would be interested in helping out give Chris a ring on 020 8657 6352 for more information.



Fantastic Fundraising

In December we were one of the green token charities at Waitrose in Sanderstead; thanks to the generosity of customers we raised £398. As I write this newsletter we are undertaking a collection outside Sainsbury's and on the 14th February we will be attending Selsdon Village Club to pick up a cheque after being their charity of the year. Thank you to everyone who has helped out in our fund raising efforts.



Carers' Counselling Service

Any carer aged 18 or over who lives, works or studies in Croydon, or cares for someone who does, can access six free counselling sessions, funded by Croydon Council, to support them in their caring role.



This is a great opportunity for carers who can struggle to deal with the emotional impact their caring role has on their lives and relationships. Sharing worries and fears with someone who is independent of the situation, who can acknowledge your feelings and help you to work through them can make a huge difference to how you feel about and cope with everyday life.

For more information, or to refer yourself for counselling, contact Mind in Croydon on 020 8763 2064 or email counselling@mindincroydon.org.uk.

Please note, although this service is run by Mind in Croydon, the counselling is open to any adult carer, not just mental health carers.

Let people know about Pension Credit

The Mayor wants to reduce the number of older Londoners living in poverty. That's why every year a campaign is run to tell older Londoners about the support available to help them through winter.

You can contact Age UK Croydon, 81 Brigstock Road, Thornton Heath, CR7 7JH, Telephone: 020 8683 7100, Fax: 020 8683 0571 to find out if you or someone you know is eligible for Pension Credit, or other financial help.

Get the Pension Credit due to you

- If you're a single pensioner on less than £148.35 a week, or part of a couple on less than £226.50 a week you could be missing out on extra cash to help you with your household bills this winter.
- You might be entitled to 'Savings Credit' if you're over 65, single with an income up to £190 per week or £278 for couples.
- You may also be able to get help with your household and fuel bills as well as health care costs.

Even if you're not eligible, you may still be able to claim other support like Attendance Allowance, Carers Allowance and help with energy costs.

Grants for Carers

Crossroads South Thames Carers Support and Advocacy Service has funding from Croydon Council to offer £250 grants to Croydon carers aged over 50 who are caring for someone over 50.



Carers who fit this criteria, and have not received a grant from this fund before, should call Ros Cox (Monday - Wednesday) on 020 8663 5624 or email ros@souththamescrossroads.org for an application pack.

This grant is not means-tested, and should be used to help prevent a breakdown in the health or wellbeing of a carer. In the past carers have used the grant for things such as a spring clean of their house, an exercise bike, a counselling course, massage therapy, a new mattress.