

*Contact*  
*Selsdon Community Centre*  
*132 Addington Road*  
*Selsdon, South Croydon CR2 8LA*  
*Telephone: 020 8651 4944*  
*Fax: 020 8657 2268*



*Contact*  
*People Who Care*

[www.selsdoncontact.org.uk](http://www.selsdoncontact.org.uk)

## SUMMER – 2015

### Client Newsletter

#### Summer Sunshine and Sporting days

Wimbledon is over for another year and Andy Murray almost got to the final again!!! The Ashes between England and Australia are tightly poised and the Great British Bake Off is about to start a new series on BBC 1, so it must be time to write the Contact Summer Newsletter. I hope you find the information in the newsletter useful, if you have any suggestions about different articles or information that we could include please do give me a ring on 020 8651 4944.

*Andy*

#### Pension Credit

About 4 million older people are entitled to Pension Credit and about 1 in 3 of those eligible are still not claiming. If you're of retirement age and on a low income, you could be missing out. Pension Credit unlocks your way to other benefits such as Council Tax payments, Cold Weather payments, Housing Benefit and help with health care costs. For more information contact the welfare benefit line on 0800 731 5920.



*Contact: Selsdon Churches Neighbourhood Care*    *Reg. Charity 1124346*  
*Company limited by guarantee. Registered in England No. 6582829*

*Supported by*  
**CROYDON  
COUNCIL**

## Save energy, pay less



Improving energy efficiency means taking steps to use less energy while still meeting your needs. Age UK

produce a useful guide called 'Save energy, pay less' which

looks at both simple measures and more significant changes, such as installing insulation and draught-proofing, and how to get help with costs. For a copy of the guide please call Age UK on 0800 169 65 65.

## Outings

We have run a number of successful outings to Woodcote Garden Centre, Eastbourne and the Croydon Museum since the last Newsletter. Enclosed is an



invite for our Christmas Shopping trip, it might seem a bit early to advertise this but it is very popular. If you are interested in coming along please let us know. Just to reiterate, most of our outing are oversubscribed, so to ensure that all our clients get an opportunity to go on outings we have an additional outing list. When an outing is oversubscribed we will prioritise people that have not been on an outing with us for a long time. Please always give us a ring to express an interest in a particular outing, however we will then always phone you back a few weeks before the outing to confirm you have a place. **Expressing an interest in coming on an outing does not mean you have booked a place. We will always phone you to confirm you have a space on an outing before it takes place.**

## Budget makes changes to Care Act

In the last newsletter I wrote an article on the new Care Act. In the article I referred to a £72,000 cap on care costs that individuals have to pay towards care costs. The



financial cap was due to come into place in April 2016 but in the recent Budget the Chancellor of the Exchequer announced that the cap has been postponed until April 2020.

## Changes to Bus Routes

Transport for London (TfL) have announced the following changes to the local 64, T33 and 359 bus routes, the changes are due to take place in October:-

Route 64 will be extended within New Addington from Salcot to a stand at Vulcan Way. There will be an increase in frequency to a bus every 7 to 8 minutes Monday to Saturday daytimes. It will also operate 24 hours a day.

Route N64 will no longer run (replaced by changes to route 64).

Route 359 will be extended from Selsdon Sainsbury's to Purley Cross and have extended operational hours on all days of the week from 0700 to 1945. Additionally the frequency will increase to a bus every 30 minutes.

Route T33 will be renumbered 433.

Route 353 will now terminate at the end of Courtwood Lane at the Selsdon Nature Reserve stop after requests from members of the public to serve this stop. Driver facilities will also be installed at this location.

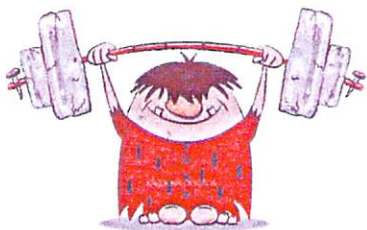
Route 359 will finish its journey at the same stop as route 412 in Purley. Route 359 will serve stops on Brighton Road and Purley Road, so that passengers heading towards Addington Road will be able to use common stops with route 412, and negates route 359 having to use the Purley Cross junction to return to Brighton Road.





## More going on in Selsdon Centre for the Retired

The Selsdon Centre for the Retired do much more than lunches, they have a number of other activities: i.e Mondays they have a keep fit class and Thursday they have a Literary Club. Other activities include Bridge, Chess, Bingo and sewing classes. More personal services include Nail Cutting and Hairdressing. They also run Computer classes when and if people require them. Why not pop into the Centre (opposite Sainsbury's) or for further information please ring the Centre on: 020 8651 1111.



## Sainsbury's Collection 3<sup>rd</sup> -5<sup>th</sup> July 2015

I am very pleased to report that we had a successful collection on the weekend of the 3<sup>rd</sup> -5<sup>th</sup> July. We raised nearly £870 with gift aid. My thanks must go out to the nearly 50 volunteers and some clients who stood outside Sainsbury's for an hour to help us collect all the money. A particular mention should go to one client who donated his whole coin collection to the good cause.

These type of activities are becoming increasingly important to help Contact keep providing the local services we operate. Finally a big thank you to Sainsbury's for allowing us to hold the collection.

