

Our News 14

Geraldine's welcome



Hello everyone, welcome to **Our News 14**.

Our News will now be out **every 2 months** and will have **news** about our new **projects**, **information** from meetings we go to and, of course, a **wordsearch** or 2.

We recently met **Judith** from **Zetetick**, who presented Sedley and I with a **giant cheque** for the **donation** they gave us.



Thank you Zetetick



Croydon Trading Standards has sent out a **community alert**., copy attached.

A man and woman are **pretending** to be **community nurses** in the **Croydon** area.

Do not open your door to strangers.



girl band wordsearch

P	Z	W	B	C	O	V	E	R	G	I	R	L	S
Y	U	O	N	A	S	E	J	B	E	K	V	X	B
D	E	S	T	I	N	Y	S	C	H	I	D	T	E
R	U	T	S	V	Z	G	I	R	L	S	X	H	C
S	C	R	D	Y	A	I	L	O	N	A	V	U	F
U	A	N	M	V	C	F	S	E	U	L	K	N	Q
G	F	P	R	I	O	A	D	L	S	O	C	D	L
A	L	L	S	A	I	N	T	S	X	U	F	E	Z
B	W	D	P	Z	G	R	Q	D	W	D	O	R	V
A	G	E	I	N	T	A	I	L	O	K	V	B	Q
B	V	X	C	Z	J	H	B	E	S	L	M	U	N
E	U	Q	E	G	I	R	L	S	V	H	L	G	O
S	D	I	C	E	S	Q	X	V	B	I	M	S	V
M	E	B	A	N	A	N	A	R	A	M	A	D	T



ALL SAINTS
BANANARAMA
BANGLES
COVER GIRLS
DESTINY'S CHILD
GIRLS ALLOUD
PUSSYCAT DOLLS
SPICE GIRLS
SUGABABES
THUNDERBUGS

Together we are One Voice has started



Gracie is our **new project worker**.

She **supports** and **helps** our **members meetings**, **women's** and **men's** groups. Each meeting is **once a month**.

All the groups have **started**, but we need a **men's group supporter**. We are **advertising** now.

There is a **steering group**, a small group of members meet **4 times a year** to help **plan**.

Subjects members would like to **talk** about include **road safety**, being **heard** and **understood**, **health** and **friendships**.



Members were pleased to be able to **meet together** and had a **picnic** in **Lloyds Park**.

Our **contact details** are on the **back page** if you would like to find out more.

Learning Disability Partnership Board



The May **Partnership Board** was held on Teams. It was a very full meeting; with lots to **talk** about and lots of **information**.



Coordinate My Care helps people put together a personal **Urgent Care Plan**.

You can find out more at:

www.coordinatemycare.co.uk

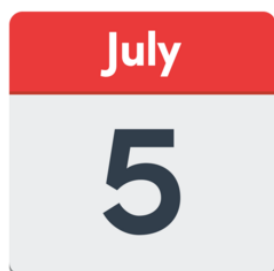


There was a very good **presentation** by **SeeAbility**. Read the next page for more information.



Nicky Selwyn, chair of the **Voice of the People safeguarding** sub group, told the board that **Geraldine** has been invited to join the group.

Geraldine will **speak up** on behalf of people with a learning disability as well as share her own **lived experiences**.



The next Learning Disability Partnership Board is on **Tuesday 13 July** .

If you have something you would like to **raise** at the next meeting, let Geraldine know by **Monday 5 July**,

SeeAbility



SeeAbility Eye Champions, Wayne and Lance talked about their **project**.



They help people with a learning disability and Autism to **understand how to look after your eyes**.

Adults with learning disabilities are **10 times more likely** to have **sight problems**.

6 in 10 adults with a learning disability need **glasses** to correct their **vision**.



Lots of people don't realise that they need to have **regular eye tests**.

Everyone can and should have an **eye test every 2 years** or more often if the **optician** says you need to.



If you need glasses make sure you **wear them** and **look after** them.



For more **information** go to:

www.seeability.org



Follow SeeAbility on **Facebook** and **Twitter**

hands face space

Hope everyone is **safe** and **well**. **Remember** it is still important to:



- * wash your **hands**
- * wear a **mask**
- * keep your **distance**

sunflower lanyard



Not all **disabilities** can be seen for example a **learning disability** or **Autism**.

Wear this **sunflower lanyard** around your **neck** to show other people that you may need **support** or a bit more **time**.



You can use it show that you don't have to wear a **mask** because of your **disability**.

In **Croydon** you can get your **free lanyard** at the **Whitgift Visitors Information Desk**..

speak to your doctor if you have a cough



If you have had a **cough** for **3 weeks** or more and it is **not Covid-19**, speak to your **doctor**. It could be a **warning sign** for something else. It is **probably nothing serious**, but if it is **cancer**, finding it **early** makes it **easier to treat**.



boy band wordsearch

BACK STREET BOYS

BOYS TO MEN

BOYZONE

JLS

NEW KIDS ON THE BLOCK

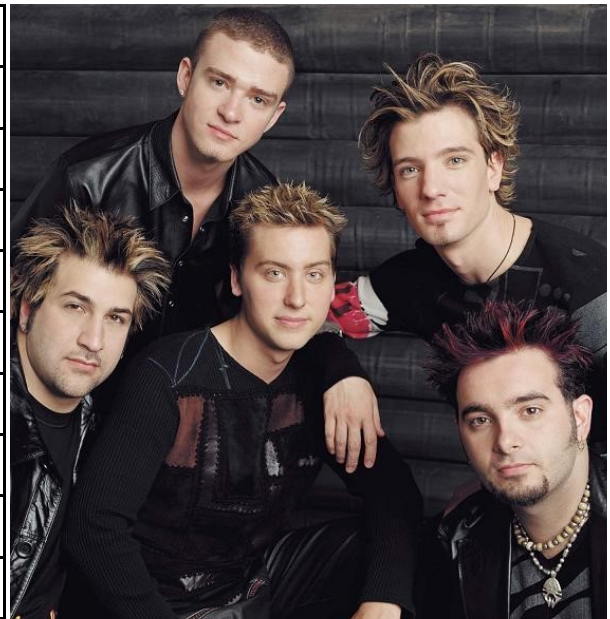
ONE DIRECTION

TAKE THAT

THE JACKSONS

THE WANTED

WESTLIFE



W	S	Q	B	O	Y	S	T	O	M	E	N	D
V	E	R	A	H	O	N	X	S	U	Y	L	T
T	G	S	F	D	N	E	W	K	I	D	S	H
S	H	E	T	N	E	Q	V	C	T	X	O	E
B	Z	E	P	L	D	F	I	C	A	R	N	J
A	T	W	Y	M	I	L	F	E	K	S	T	A
C	O	A	T	D	R	F	A	X	E	B	H	C
K	I	N	B	Y	E	X	E	U	T	W	E	K
S	H	T	S	U	C	M	B	N	H	O	B	S
T	H	E	D	I	T	A	Y	W	A	X	L	O
R	E	D	L	O	I	N	S	G	T	X	O	N
E	C	Q	P	B	O	Y	Z	O	N	E	C	S
E	F	H	R	C	N	Z	Y	E	K	Y	K	M
T	B	O	Y	S	W	A	S	J	L	S	N	X

How to join Croydon People First

who can join?



- people with a **learning disability**
- you must be **over 18**
- you live or work in **Croydon**

what do you get?



- a choice of **meetings** to come to
- a safe place to **speak up** and have a **voice**
- **meet** new people
- a regular **newsletter**
- information in **easy read**
- hear about **new projects**
- join our **private Facebook** group

how to join?



- send us an **email** or **phone**
- **meet** up for a chat
- fill in a **form**

contact us



07395 789 108



info@croydonpeoplefirst.org.uk



Croydon People First