

JOIN US TO LAUNCH

Croydon Older People's Self-Care Network

THURSDAY
20th
OCTOBER
11-1PM

Theme is **Keeping Warm** through
Advice – Active – Action

Advice– Reducing bills

Active– Clinical support by Arthritis/ bone health

Action– Connect with others at coffee mornings,
yoga, develop your self-care plan

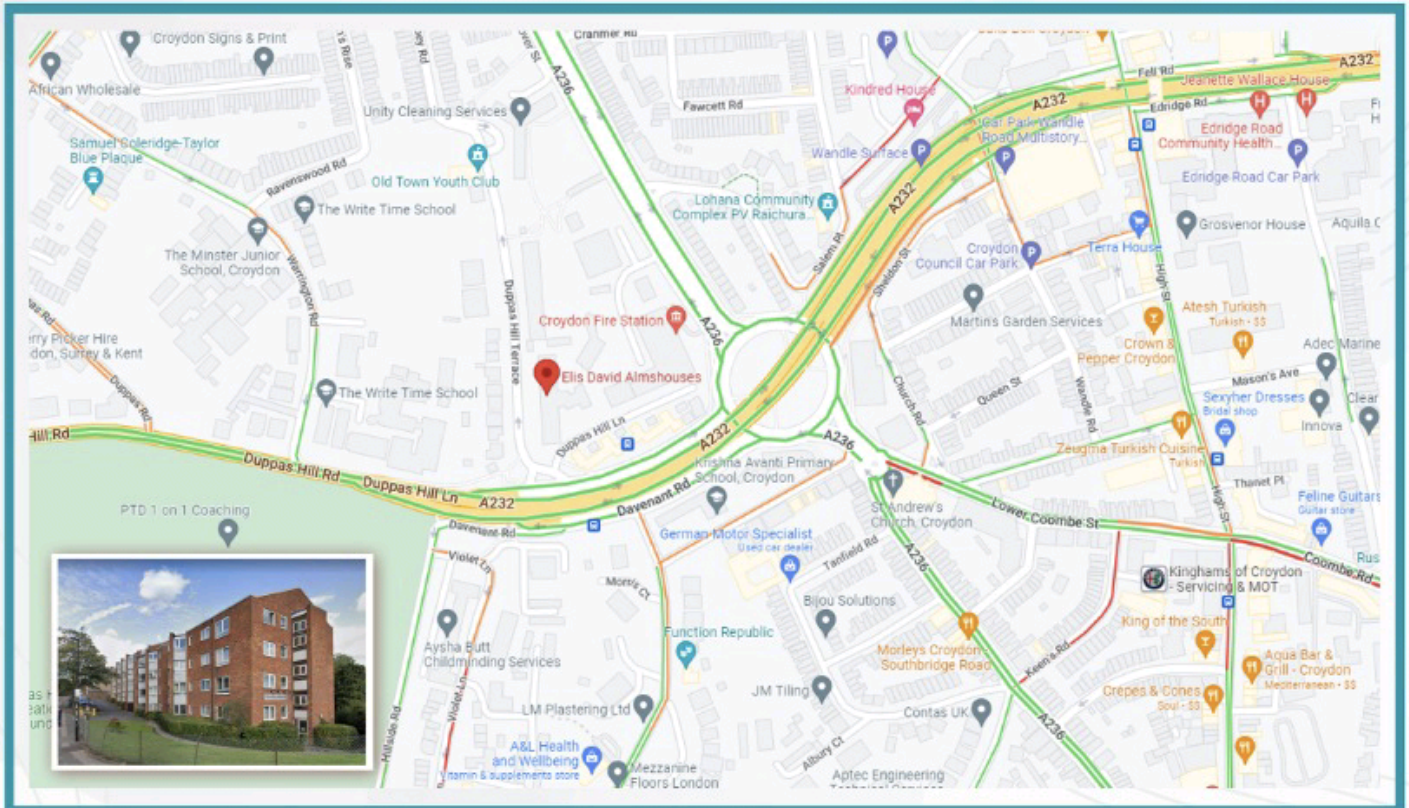
Place: Elis David Almshouse Duppas Hill Terrace CRO 4BT

☎ Sylvia on 07870508790



DIRECTIONS TO THE

Elis David Almshouse Duppas Hill Terrace CRO 4BT



Getting to Elis David Almshouse By Public Transport:

Trains: There are frequent trains to and from East Croydon station, and Waddon station is within walking distance. See the Transport for London website for details: www.tfl.gov.uk.

Tram: The nearest stop is at Reeves Corner, about ten minutes' walk from the Almshouses.

Bus: The nearest stop (route 154) is on Duppas Hill Lane, approximately 50 metres from the Almshouses, for travel from the centre of Croydon, or from the direction of Waddon/Wallington. Other bus routes (157, 407, 410, 455) will stop you at Waddon New Road/Waddon Road, about a ten minutes' walk.

The Main Entrance

At the Main Entrance, press the Office button and you will be buzzed into the building once you have given your name and the reason for your visit and sign in. On departure, please sign out. The barrier will automatically open as you approach it.