**Local Community Partnerships in Croydon Central West - Notes 16th March 2022**

Dear Colleagues,

Many thanks to all who joined the 5th session and contributed to the emerging Community Action Plans for the Croydon Central West locality (which includes communities in:  Broad Green, Fairfield, Addiscombe West, Selhurst, Waddon & South Croydon communities). With special thanks to Helen Thompson our host at [Carers Information Service: informing carers in Croydon (carerssupportcentrecroydon.org.uk)](http://www.carerssupportcentrecroydon.org.uk/)  for this event, please find a record of our meeting below:

A graphic of the One Croydon locality model is attached and our emerging Local Community Action Plans will link into borough wide plans. This session is focused on initiating a Community Action Plan in this locality, see

key actions from this meeting highlighted below. Our solution-orientated activity will provide insight for Commissioners and enable more transparent, joined up and effective commissioning in localities. We want to recognise, respect and build on the fine work that is already being done by existing partnerships in Croydon Central West such as *My Ends*.

**Introducing Co-Chairs**

Our local partnership needs to be locally owned and represented so we are inviting Expressions of Interest from the partnership to stand as Co-Chairs in Croydon Central West. Please see attached Role Description and Selection process.

We started our Community Plan on the key priority theme of **'people in later life'** as identified at our last meeting. Using 3 questions to structure our discussion we started to identify key areas for actions:

***Question 1. Activities for people in later life in this area (in addition to those we've already mapped) include:***

* *Gyms: Nutfield (off Surrey Street), Better in Waddon - Silver-fit £3 activities, Pure Gym (opposite CVA on London Road and East Croydon), My PT, Palace4Life Monk's Hill Thurs 6-7pm.*

         *Mind in Croydon based in* Altyre Road East

         *Croydon Mencap clubs at Lesley Park*

         SWL Law Centre, Legal Advice Services at Davis House

         DWP- Job Club every Tuesday

         Crisis prevention (respite for carers) Carers Information Service

         Hear Us based in Orchard House, South Croydon

         Westbury Centre- 5 days a week

         Holy Saviour Church (Lodge Lane off Mayday Road)- intergenerational activities

         Wellbeing You- GP Patient Tool and events for 50years+

         CVA Activities Hub- free yoga, crafts etc.

         Wellness Space in Whitgift

         Croydon branch of SWL Law Centre, Legal Advice Services at Davis House

         Home Start Sunshine Group- Circle of Parents (all ages)

         Big Local Broad Green activities

         St Frances coffee morning

         Operation NOGI- police service supporting elderly/vulnerable. Welfare care assigned to offer support

         Social Prescribers at GP Practices

         Empowering Tamil Communities- Healthy lifestyle groups, yoga every Friday

         Positive Parenting, April 9th 10.00-12.00 event

         Healthwatch- impartial advice on health and social care

         Croydon Alsmshouse- 60 residents and funding activity for older people, Croydon Relief in Need

         Whitgift Almshouse

         Croydon University Hospital outreach services e.g. Redcross

         PIC Age UK Croydon

         St Christophers- online wellbeing schedule

         Leonard Cheshire

         Health Coach (nutritional sessions) & Fire Soul Julianna- contact Victoria, CVA Community Builder

         Tai Chi & Fire Soul- contact through Victoria, CVA Community Builder

* B*orough wide:*Citizen's Advice, telephone support and Alzehimers

         *Surrounding area:*T4H (Forest Hill & community) massage, nutrition and laughter therapy

Communication - sharing what support and activities are available for people in later life on [Simply Connect Croydon - local services for local people](https://croydon.simplyconnect.uk/about-us). By*registering as a member with CVA you can advertise your services and activities; recruit volunteers and receive weekly newsletters about the amazing work across Croydon's Voluntary and Community Sector.  Complete this form to*[*register*](https://forms.office.com/Pages/ResponsePage.aspx?id=i9wEh43LkkWuUb66zissjxbd6yjvd-BNtAGY3IPHZtlUQktEWkFFRU0yREwyRUE5WUFBTUFQWk1MRSQlQCN0PWcu)*and our team of volunteers will do the rest.*

**Question 2. Outcomes needed for older people include:**

* Independence
* Befriending - to visit and connect
* Recording social history
* Choice/freedom - to be heard if they don't want to engage
* Language is important e.g. *"I don't need a carer"*
* To go out for lunch
* Help with hospital appointments (not just a lift but support with understanding what health care staff are saying and 'what happens next?')
* Grief and loss - Rowland Brothers, Croydon Bereavement Service

**Question 3. These outcomes could be achieved by:**

         Sharing information on activities - let people know what’s out there on Croydon Voluntary Action’s ‘Simply Connect’ Directory - <https://cvalive.org.uk/directories/>

         Distribute leaflets/posters and inform Chairs of Resident Associations and faith groups

         Host Face to face joint Community Fayres/market place events

         Community Hubs - physical places where people go, bringing groups together and sharing information

         Provide lunch and transport to enable access - bring people in

         Working with Croydon Covid Mutual Aid door-knocking and connecting neighbours

**One Croydon Locality Updates:** James Moore is CVA’s Community Facilitator and can be contacted on James.Moore@cvalive.org.uk to support the link-up between health and social care and the community. The Asian Resource Centre Croydon (ARCC) is currently recruiting a Community Facilitator.

Many thanks to each of you for contributing to these emerging Community Action Plans. Please do save the date for our next quarterly partnership meeting **Wednesday 8th June 2022**which will be held in person. Local venue to be confirmed (suggestions most welcome). Please do spread the word and invite others to join the Local Community Partnership in Croydon Central West.

Warm wishes - Sarah and Andrew

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