

Activities & Services - May 2021

Welcome to Croydon Vision!

To access our activities and services, you need to register as a member. Membership is free, to register please call 0208 688 2486.

Activities

Mondays

Music Appreciation Group – 10.30-12.30 – free (fortnightly)

Bowls – 10.00-12.00 – fees may apply (fortnightly)

Fit & Fun – 10.00-12.00 – free (fortnightly)

Tuesdays

Quizzes & Puzzles – 10.30-12.30 – free

Mental Aerobics – 1.30-3.00 – free

Wednesdays

Keep Fit (chair-based exercises) – 10.30-12.30 - £3.00

Art – 10.30-12.30 – £4

French – 1.30-2.30 – free (fortnightly)

Crafts – 1.30-3.00 – fees may apply

Thursdays

Sequence Dancing – 10.30-12.30 - free

Quizzes & Social Group – 11-12.30 – free

Social Group – 1.30-3.00

Working Age Group – 1.00-3.00 – free

Services

- **Advice & Advocacy** – much more than support with filling forms and applying for benefits
- **Aromatherapy** – fees apply (by appointment only)
- **Befriending** (via telephone or doorstep visits)
- **Children & Young Peoples' activities**
- **Chiropody** – £15 per session (by appointment only)
- **Home visits** – tech training & other vital support
- **Facebook Live events** - A different topic every month
- **IT Tuition** – learn how to use assistive tech and other devices (by appointment only)
- **Low Vision Clinic** – Our registered optometrist will perform an assessment on your eyes (by appointment only)
- **Hot Lunches provided 4 days a week**
- **Monthly Newsletter** with articles, updates and key information
- **Personal Development** -support with job seeking and personal life goals, confidence & self-esteem building workshops etc
- **Resource Centre** – try out assistive tech & daily living aids before buying
- **Weekly Talking News service**
- **Talking Therapies** – telephone counselling service
- **Transport service to and from Bedford Hall** £4 one way, £8 return.

**For further
information,
please call us on:
020 8688 2486**