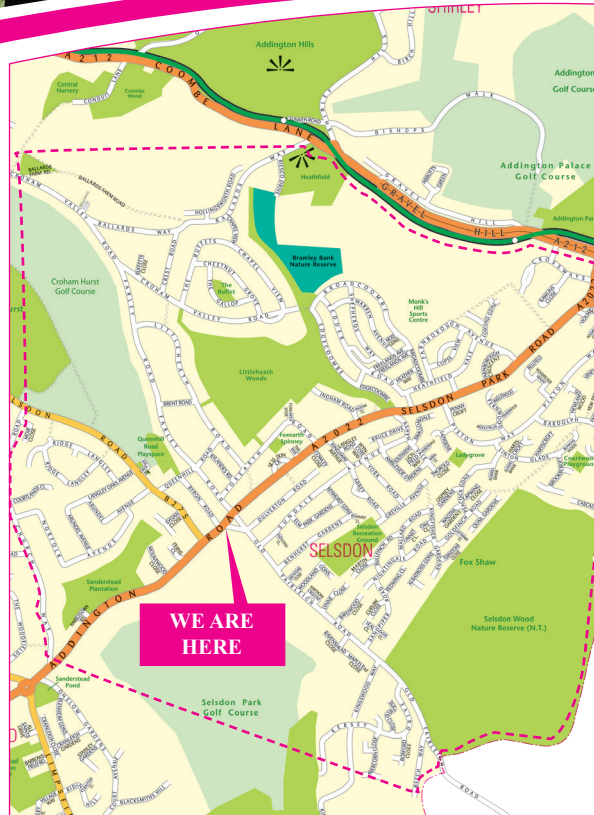




Contact
People Who Care



Volunteering

We always welcome volunteers of all ages to join our team. There are many practical ways you can help including local transport (using your own car), mini bus driving, shopping bus scheme, visiting, sitting for carers, dog walking, gardening, basic DIY, working in the office, computer work and much much more.

Volunteers can offer help regularly or occasionally depending on their available time.

Volunteers do not offer personal care, regular housework or regular gardening.

All volunteer expenses are reimbursed and we will provide training where appropriate. Contact has public liability insurance.

Want to know more?

**Call into the office Mon – Fri
between 10am and 3pm or
phone us on 020 8651 4944**

You will find us on the lower ground floor at Sainsbury's

*Supported by Croydon Council,
local churches and donations*

CROYDON
www.croydon.gov.uk

Contact

Selsdon Community Centre

132 Addington Road

South Croydon, CR2 8LA

Telephone: 020 8651 4944

Email: info@selsdoncontact.org.uk

Web: www.selsdoncontact.org.uk

Selsdon Churches Neighbourhood Care

Registered Charity 1124346

Company limited by guarantee.

Registered in England. No. 6582829



Selsdon Churches Neighbourhood Care

*Providing neighbourhood care in
Selsdon for over 30 years*



Introduction

Contact is a Neighbourhood Care organisation that provides practical help, advice, support and information to the local community.

There are two part-time workers and a network of nearly 300 volunteers. The administrative work is done in Contact's office on the lower ground floor in Selsdon Community Centre below Sainsbury's.

Contact is a member of Croydon Neighbourhood Care Association (CNCA) which supports and promotes neighbourhood care within the borough of Croydon

Opening Hours:

Monday to Friday

10am - 3pm

Tel: 020 8651 4944

Email: info@selsdoncontact.org.uk

Transport

This is one of the main services provided by Contact. Volunteer car drivers take the less mobile to hospitals, clinics and doctors, staying with the client whenever possible, before returning them home.

Shopping

Volunteer mini bus drivers and escorts collect clients from their homes and give assistance round the supermarket if required. The clients are taken home again with their shopping. Contact will also shop or collect prescriptions for clients who are sick, disabled or housebound.

Visiting or befriending

Time spent with housebound or elderly people can make a huge difference to their lives and Contact values this very highly. The visits should be enjoyable to both parties.

Loan equipment

Contact has over 50 items available for short term loan, from lightweight wheelchairs to left or right handed, height adjustable, walking sticks. Users can 'try before they buy' or borrow for visiting relatives or friends needing equipment

Information and Advice

The office responds daily to people who call into the office, email or phone, for information on a wide range of statutory and voluntary services. Contact deals with these requests directly or signposts to other organisations.

Carers

Contact offers help with information and advice, completing benefit application forms if required. Volunteers also offer daytime/evening respite for carers, and will sit with the 'cared for' person for a few hours to give the carer a much needed break.

Young Families

Volunteers will offer support to families with children or young adults, spending time playing, reading or helping generally.

Practical help and other services

Volunteers will dog walk, do basic DIY and 'one off gardening'. Contact runs a smoke alarm scheme, providing and fitting free alarms, a library service and distributes regular informative newsletters. There are also social events including coffee mornings, outings and a Christmas party.