



The **Wellness** Centre

Free Support Numbers and Resources



FEEL FREE TO SHARE



CROYDON **BME** FORUM

TALK TO US

**OFF
THE
RECORD**

UPDATED APRIL 25TH 2020

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EXPERIENCING FINANCIAL DIFFICULTIES DUE TO COVID-19

(Work related issues, rent no income, self employed, unemployed) see following links:

Croydon Council support, advice and information for those experiencing hardship. A dedicated helpline is available as follows:

Tel : 020 8604 7787 or

Email: covid19support@croydon.gov.uk

Includes support with:

Benefit claims, change in earnings, paying council tax, rent, debt advice, energy bills, travel services, Gateway service for the homeless, children with special educational needs & disabilities.

www.croydon.gov.uk/healthsocial/phealth/coronavirus-information/support-for-hardship-or-difficulties

Support for the vulnerable in the community

If you are extremely vulnerable, or know anyone that is, please register for support online.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

If you have no access to internet or unable to use internet please ask a family member or friend to help, or contact Croydon Council Support

Team on; 020 8604 7787 or

Email: covid19support@croydon.gov.uk

Coronavirus (COVID-19) Resources for SEND

Advice and support for children and young people with Special Educational Needs and Disability (SEND) and their carers during the coronavirus pandemic.

<https://localoffer.croydon.gov.uk/kb5/croydon/directory/advice.page?id=cvj0CW-GluKc>

CONNECTING SERVICES IN THE LONDON BOROUGH CROYDON

Links to local services in Croydon

<https://croydon.simplyconnect.uk/about-us>

Croydon Mutual Aid Groups

The following groups based in Croydon are as follows:

<https://www.theresident.co.uk/london-culture-events/londons-coronavirus-mutual-aid-groups-a-complete-list/>

Coulsdon/Old Coulsdon Covid-19 Community Support:

<https://www.facebook.com/groups/254339475576825/>

Croydon Covid 19 Mutual Aid:

<https://www.facebook.com/groups/2569689913284054/>

Norwood Junction Covid 19 Mutual Aid:

<https://www.facebook.com/groups/515221059407787>

Purley Community Mutual Aid Group:

<https://www.facebook.com/groups/492593168102808/>

Croydon BME Forum
56a Mitcham Road, Croydon
www.cbmeforum.org

020 8684 3719

 @cbmeforum  croydonbmeforum  CroydonBMEForum

For latest help and advice.
Off The Record Youth Counselling Charity
72 Queens Road, Croydon, CR0 2PR
0208 251 0251
<https://www.talkofftherecord.org/>

National Domestic Violence Abuse Helpline
0808 200 0247
www.nationaldahelpline.org.uk

Victim Support Supporting victims of Crime
0808 168 9291
www.victimsupport.org.uk/more-us/contact-us

MIND Helpline
0300 123 3393
www.mind.org.uk/

Mental Health Crisis Helpline
0800 915 4644

South London and Maudsley – 24 hour
0800 731 2864

Samaritans
116 123
email -jo@samaritans.org

Papyrus
Hopeline UK
www.papyrus-uk.org/

Galop London LGBT Advice Line -
0207 704 2040
www.galop.org.uk

National LGBT Domestic Abuse line –
0800 999 5428
www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/

RASASC Rape and Sexual abuse Centre
0808 802 999
<https://www.rasasc.org/>

FGM Helpline (run by NSPCC) -
0800 028 3660

Suzy Lamplugh Trust –National Stalking Helpline –
0800 802 0300
www.suzylamplugh.org/

NSPCC Helpline
0808 800 5000
www.nspcc.org.uk/

Childline
0800 1111
www.childline.org.uk/

The Silver Line
0800 470 8090
A free confidential helpline providing information,
friendship and advice to older people, open 24 hours a day,
every day of the year
www.thesilverline.org.uk/

Call in Time
A free telephone friendship service for people 60 and over.
You will need to sign up via website
www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/

Shelter
0300 330 1234
Information on any housing issues. Homelessness,
evictions, repairs.

CALM - Emotional support for Suicidal Men
0808 802 5869
www.thecalmzone.net

NAPAC
0808 801 0331
Crime stoppers
0800 555 111

111 –NHS
999 – Emergency services (Police, Fire , Ambulance)
101- Non emergency crimes

Financial Help and Advice for the Self Employed

Self Employment & Universal Credit

<https://www.gov.uk/self-employment-and-universal-credit>

Employment & Support Allowance

<https://www.gov.uk/employment-support-allowance>

Covid-19 Small Business Government Grant

<https://smallbusiness.co.uk/how-do-i-get-the-government-3000-coronavirus-grant-2549866/>

Coronavirus Business Interruption Loan

<https://smallbusiness.co.uk/how-do-i-apply-for-a-coronavirus-business-interruption-loan-2549863/>

Citizen's Advice

<https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs/>

Emergency Funding

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

Black Counsellors & Practitioners Offering Online & Telephone Support #CoronaAnxiety #CoronaCare

Wayne Mertins-Brown
One to one, couple & group counselling
www.TheCityCounsellor.com

Charlene Douglas
Psychodynamic Coach & Counsellor
www.theintimacycoachuk.com

Kwame Opoku
Counsellor / Psychotherapist
www.kwameopoku.com

Vanessa East
Online clinical hypnotherapy, EFT, Sekhem energy healing, Readings
07985 338680

ShediYah Therapeutic Space
Child Adolescent & Family Therapist, Counsellor
www.shediyahtherapeuticspace.co.uk

Michael Forfieh
Counsellor / Therapist
www.michaelforfiehcounselling.com

Hilary Witter
Theta Energy Healing
07506771297

Royston John
Coaching, Community organisation development and
Emotional Intelligence Support
07811 374074
royston@rdjconsulting.co.uk

Kimberly-Anne Evans

www.psychologytoday.com/gb/counselling/kimberly-anne-evans-london-eng/716001

Gill Pelage

Counsellor / Psychotherapist

www.gillpelage.co.uk

Sheila

Counsellor

www.equilibriumtc.com

07480446844

Sue Brown

Counsellor & Coach

www.adaimcc.co.uk

Gamal Turawa

Coaching

purpleturawa@gmail.com

Cassandra Conteh

Wellbeing & Therapy

07507060192

Evetherapies@gmail.com

Floating Counselling

07305882959

www.floatingcounselling.co.uk

Info@floatingcounselling.co.uk

Facebook.com/floatingcounselling

Instagram.com/floating_bodymindsou

Free Counselling for NHS Staff

www.relationshipschool.wordpress.com/we-see-you-we-hear-you-nhs-staff/

Chris Syrus is offering two x 30min coaching calls and daily personal development and accountability messages over a 7 day period.

You can book session via

www.calendly.com/christopher-syrus.

Powered by OrangeMoonWellbeing.com

Coronavirus Message to the Community in different Languages

<https://www.youtube.com/watch?v=NHPKznd-l2A> French Version

https://www.youtube.com/watch?v=PtyK7UTod_M German Version

<https://www.youtube.com/watch?v=6jkUmqCUssl> Punjabi Version

<https://www.youtube.com/watch?v=SOZy5BILctY> Luganda version

<https://www.youtube.com/watch?v=dQ-cCFH36r4> Urdu Version

<https://www.youtube.com/watch?v=NZlxYmoaZpM> Chinese Version

https://www.youtube.com/watch?v=_Et_UdV6jak Spanish Version

https://www.youtube.com/watch?v=xBJaxzCr_k0 Hindi Version

<https://www.youtube.com/watch?v=xYlagwpK1no> Tamil Version

<https://www.youtube.com/watch?v=Q8d-qquce1o> Gujurati Version

<https://www.youtube.com/watch?v=GiGmBU1weqU> Farsi Version

<https://www.youtube.com/watch?v=Dfdw0MKXH9Q> Bengali Version

<https://www.youtube.com/watch?v=pRdKCacGST4> Sylhetti Version

<https://www.youtube.com/watch?v=23lp4XWIY1E> English Version

<https://www.arccltd.com/>

50Plus Online Cafe

A free interactive website to get all the information you need for the over 50s'
<https://www.50plusonlinecafe.com>



LEON'S COUNSELLING SERVICE

email: ASafePlace2Talk121@Gmail.com

tel: 07826 082 561

BACP registered: 00826420

Croydon Drop In

Supporting infants, children, young people and families for 42 years, 1978 - 2020
Information, Advocacy, Counselling, Outreach and Health Support in Communities & Schools.

Our Talkbus is on a 'virtual' tour and our Outreach team can be contacted by anyone in the community every day Monday to Friday between 1pm and 4pm on Call 07592 037823 for advice/information/support.

Tel: 020 8 680 0404

www.croydondropin.org.uk

enquiries@croydondropin.org.uk



Croydon Neighbourhood Care Association

As well as providing infrastructure support to our membership and other groups working with over 65's across Croydon, we continue to run our complex befriending service.



CNCA are offering telephone befriending for isolated/vulnerable individuals over 80 years old who have no family or other support. Further details and a referral form can be found on our website www.cnca.org.uk or email: info@cnca.org.uk / call 07926 524572

Neighbourhood Care Groups

An established network of Neighbourhood Care Groups across the borough are supporting individuals over 65 years.

Groups have diversified their normal service provision to include food shopping, picking up prescriptions and telephone befriending, due to Lunch clubs being closed and shopping buses suspended. Contact the individual group for details of services available. Contact details can be found at:

www.cnca.org.uk/members-2/



Changing how we **SEE**

Service Continuity - Clarity in Chaos

Croydon Vision is dedicated to continue providing services for people with sight loss, many who are extremely vulnerable at this moment in time. We have adapted our services to be able to provide essential support. Furthermore, we aim to boost our member's positivity and outlook; letting them know this too shall pass. Below is our business continuity service plan to support people with sight loss Monday to Thursday between 10-4pm:

Lunch service:

Provision of two course meal, meat or vegetarian dish; promoting healthy living 4 times per week.

Information Technology:

Introduction to technology and tuition; including smart phones, tablets and computer support

Befriending

Phone befriending on a weekly basis or social groups/peer support by zoom.

Talking News/News Letter

Weekly recording of news and entertainment; reaching members at home in the form of an mp3 stick.

Information & Advice

Empowerment and information go hand in hand, so our advice service is of paramount importance.

Grocery:

Equipping members with adequate food and resources to live well.

Contact us:

Address: Bedford Hall, 72 – 74 Wellesley Road, Croydon, CR0 2AR

Email: info@croydonvision.org.uk

Telephone: 020 8688 2486 (Mon to Thurs 10-4pm)

Website: www.croydonvision.org.uk

Twitter: [@CroydonVision](https://twitter.com/CroydonVision)

Arts Council England Covid-19 Emergency Funding

£160m emergency funding to support organisations and individuals during the pandemic. The following funding streams will be made available:

- Funding for national portfolio organisations (NPOs) - £90m made available to help NPOs reboot their work and alleviate financial pressures. Further information will be released before Easter.

- **Funding for organisations outside the National Portfolio**

- Organisations can apply for up to £35,000 for assistance with getting back on their feet, or to continue making work in the future that will mean they can contribute to the Art's Council new strategy, 'Let's Create'.

- There will be two rounds. Round one opens on the 9th April and applicants will need to register by the 13th April for the deadline on the 16th April. Round 2 will open on the 16th April and close on 30th April.

- **Funding for individuals**

- Individuals working in the cultural sector, including artists, creative practitioners and freelancers, can apply for up to £25,000. Round one opens on the 9th April, applicants must register before the 13th April and the deadline will be on the 16th April. Round two will open on the 16th and close on the 30th April.

<https://www.artscouncil.org.uk/covid19>

CAF Coronavirus Emergency Fund

The Charities Aid Foundation (CAF) has launched an emergency fund scheme to help charities continue to deliver support to communities in the UK during the pandemic. Grants of up to £10,000 are available. The fund is open for applications from organisations with a charitable purpose and charitable activities, which had an income of less than £1m last financial year. The fund is not open to organisations who have recently formed to provide support to their communities. Funding can be used to support day-to-day activities.

Applications for this fund are now paused.

<https://www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund>

Central London Forward Contingency Fund

Proposal to reallocated £200k from the CLF Contingency Fund to be offered to boroughs to:

- Develop new or redesign existing services to support economically excluded or vulnerable people through this crisis.
- Support businesses to access Government supports and sustain
- Plan and prepare for recovery: focused on addressing rapid data or research work that supports boroughs

Help Musicians Coronavirus Hardship Fund

Up to £500 available to professional working musicians to alleviate the immediate financial pressures incurred as a result of the coronavirus crisis.

<https://www.helpmusicians.org.uk/news/latest-news/help-musicians-launches-5m-coronavirus-financial-hardship-fund>

In This Together: Emergency Grants Fund (Crisis)

Emergency grants to support local organisations that are meeting the current needs of those experiencing homelessness across the UK and who are affected by the coronavirus crisis. Grants of up to £50,000 are available for long-term needs and potential expansion or change in service delivery. Grants of up to £5,000 are available for short-term responses to the pandemic.

<https://www.crisis.org.uk/get-involved/in-this-together/emergency-grants-fund/>

London Community Response Fund

Wave 2 grants now open: funding available to cover urgent needs so that applicants can cover costs they are incurring right now to support communities affected by the covid-19 outbreak. Grants of up to £50,000 are available for immediate and urgent needs.

Only open to registered charities, CICs, CIOs and charitable companies at this stage. Further funding waves are planned.

<https://londoncommunityresponsefund.org.uk/funding/>

NCVO Financial Support

The NCVO is working with the government on a package of financial support specifically aimed at supporting the voluntary sector as the coronavirus emergency unfolds. This forms part of a coordinated effort with sector partners.

<https://blogs.ncvo.org.uk/2020/03/19/coronavirus-charity-funding-latest/>

Neighbourly Community Fund (coronavirus update)

Up to £400 is available for pre-existing members of Neighbourly whose work involves supporting members of the community suffering economically, socially or from ill-health as a result of the coronavirus outbreak.

It is a simple online form to submit an expression of interest. Although this will be restricted to groups who are already a member of Neighbourly.

<https://mailchi.mp/adab0a4c0998/tmw47h17ek-1507973?e=8a6ee92151>

<https://blogs.ncvo.org.uk/2020/03/19/coronavirus-charity-funding-latest/>

Sport England Community Emergency Fund

A new £20m emergency fund from Sport England specifically targeted at organisations who have a role in supporting people to be active but who are experiencing short-term financial hardship or the ceasing of operations due to the pandemic.

Grants of between £300 and £10,000 are available. Funding can be used to cover day-to-day costs including rent, utility costs, insurance, staffing costs or facility hire. Applications will be accepted until the 31 st July 2020.

<https://www.sportengland.org/how-we-can-help/our-funds/community-emergency-fund>

Tesco Bags of Help Covid-19 Community Fund

Grants are available to a wide range of community groups, organisations, charities, schools and other not-for-profit organisations who are supporting vulnerable groups during the pandemic. The maximum grant available is £500.

Applications can be made at any time, but funds are expected to run out within three months.

<https://tescobagsofhelp.org.uk/tesco-cv-fund/>

Waitrose Community Support Fund

A £1m support fund to be distributed by Waitrose shops to local communities, and a support fund to aid staff facing additional costs as a result of the pandemic. Further information to be released in due course. Applications can be made at any time, but funds are expected to run out within three months.

Youth Music Emergency Fund

Grants of up to £10,000 are available from the National Foundation for Youth Music to help music-making organisations in England whose primary activity is inclusive music-making with children and young people that are affected by coronavirus. Funding is primarily to support people and organisations who have been affected by the pandemic. Challenges with the fund could tackle include cashflow, maintaining services, adapting structures or continuing to support children and young people during the crisis. The fund opens on the 8 th April with six rounds, the last of which closes on the 22 nd May.

<https://network.youthmusic.org.uk/youth-music-launches-emergency-fund>

South West London Law Centres



South West London Law Centres helps local people across south-west London to access justice and uphold their everyday rights, by providing specialist legal advice on social justice issues including housing, employment, debt, social security and immigration.

Without the free or low-cost legal services our charity provides, many people we help would be locked out of accessing justice, because they can't afford a lawyer.

Our law centres are based in Battersea, Croydon, Morden and Kingston. Together we support people across six London boroughs of Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth.

Contact Details : Email: enquiries@swllc.org

Telephone numbers: 020 8767 2777

Web: www.swllc.org

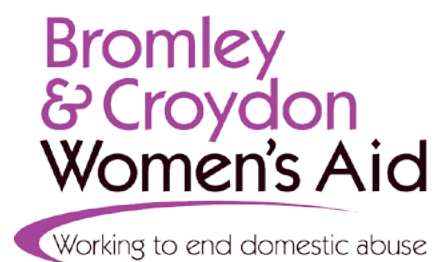
Social media:

Twitter: [@SWLLawCentres](https://twitter.com/SWLLawCentres)

Linkedin: [/south-west-london-law-centres-5603ba126/](https://www.linkedin.com/company/south-west-london-law-centres-5603ba126/)

Bromley & Croydon Women's Aid

Our services remain open and we have contingency plans in place. You can contact us for telephone support or any enquiries in the normal way, by email to info@bcwa.org.uk or phone on 020 8313 9303, especially if you are worried about self-isolating with a perpetrator.



Udemy Is Giving 30+ Free Courses During This Situation to help People Staying at home to Learn.

How To Create A Website using WordPress (Step by Step)

<https://bit.ly/2xZFf2e>

Facebook Marketing

<https://bit.ly/2QCslbj>

<https://bit.ly/2wuQS05>

<https://bit.ly/2QDk7oK>

<https://bit.ly/33BwMxT>

Instagram Marketing

<https://bit.ly/2UrCdv9>

<https://bit.ly/2Wv40xv>

<https://bit.ly/2J7W0uc>

<https://bit.ly/33CLGUx>

Adobe Photoshop

<https://bit.ly/2QD1Ckn>

<https://bit.ly/3bcxYKw>

<https://bit.ly/2QBt0PY>

Adobe Illustrator

<https://bit.ly/3acidmR>

<https://bit.ly/2J51vtV>

<https://bit.ly/3amsU6g>

Content Marketing

<https://bit.ly/2UalAVL>

SEO

<https://bit.ly/2U7afps>

Youtube SEO

<https://bit.ly/3beiQMT>

Quora SEO

<https://bit.ly/2wqSatq>

Photography

<https://bit.ly/2WKsHpV>

<https://bit.ly/2UbLg4t>

<https://bit.ly/2vED8jq>

<https://bit.ly/2U7iWA9>

Filmmaking

<https://bit.ly/2Wv4yDz>

<https://bit.ly/2QAY2qR>

<https://bit.ly/2WyzrH9>

Podcast

<https://bit.ly/2QzrBsW>

<https://bit.ly/33Al3yB>

<https://bit.ly/3a8SQCo>

<https://bit.ly/2QypDJd>



Zoom Meeting

INVITE

Employment Law

JOIN US ONLINE FOR A DISCUSSION ON EMPLOYMENT LAW, IN THE MEETING WE WILL TALK ABOUT FURLOUGH, THE DOS, THE DON'TS AND THE UNCLEAR, UNKNOWNNS.

Date: Tuesday 28th April 2020

Time : 2pm - 3pm

Location www.Zoom.com

Meeting Number: 385 207 6159

Register on Eventbrite



Zoom Meeting INVITE

LET'S TALK BUSINESS IN PARTNERSHIP WITH WYNTERS CONSULTING IF YOU ARE A SMALL BUSINESS OWNER AND WOULD LIKE TO DISCUSS HOW TO NAVIGATE THE IMPACT OF COVID19, THIS IS A SESSION FOR YOU!

Date: Tuesday 28th April 2020

Time : 15:30 - 14:30

Location www.Zoom.com

Meeting Number: 385 207 6159

Register on Eventbrite



Zoom Meeting INVITE

JOIN US ONLINE FOR A DISCUSSION ON PRACTICAL IDEAS USING THE NON - VIOLENT RESISTANCE (NVR) APPROACH TO STRENGTHEN & REBUILD RELATIONSHIPS WITHIN FAMILIES AND COMMUNITIES.

Date: Thursday 30th April 2020

Time : 14.00 - 15.30

Location www.Zoom.com

Meeting Number: 385 207 6159

Password : 192306

Register on Eventbrite

In partnership with Walk with Me Uk



CROYDON BME FORUM

f @cbmeforum

🐦 CroydonBMEForum

📷 @croydonbmeforum





Private Fostering

Are you or someone you know looking after someone else's child?

Children privately fostered are one of the largest groups of vulnerable children in the UK.

To help keep our Croydon children safe and protected it is a legal duty that you notify Children's Services where you know a child is being privately fostered.

Private foster carers are also entitled to support and advice, if you have not yet notified the local authority, you could be missing out!

So if you know of a child or children who are living away from home with someone other than their parents, please contact us on: **020 8726 6400** or email: **childreferrals@croydon.gov.uk**

For queries only please email: **privatefostering@croydon.gov.uk**



WORRY LESS

ENJOY LIFE MORE

FEEL MORE RELAXED

**Feeling low,
frustrated or stressed?**

**Our FREE, confidential
NHS service can help**

Search 'Croydon Talking Therapies'
Talk to your GP or phone 020 3228 4040

Croydon

TALKING

Therapies

Food and Essentials Hub



Help us help our community!

With so many people offering support to older people during these uncertain times, we're working to ensure food and essential items are delivered to vulnerable older people in the safest way.

Do you need help or food and essential hygiene items, but can't get out? We can help!

Call our helpline on 020 8686 0066 or email asc@adviceservicescroydon.org.uk and we can try to get you the things you need, delivered safely to your door for **FREE**.

Do you have non-perishable food and hygiene items you would like to donate? Please help!

If you have items to donate, please drop them to Scratchley Hall, 81 Brigstock Road, Thornton Heath Mon-Fri 10am-4pm. Or get in touch on 020 8686 0066 or email asc@adviceservicescroydon.org.uk

Can you help deliver goods to local older people, or help in other ways? Please help!

If you can transport goods to older people, we'd love to hear from you. Please call our helpline on 020 8686 0066 or email volunteering@ageukcroydon.org.uk and we'll share more.

We always need funds to keep our vital services running. Please donate online!

<https://www.justgiving.com/ageukcroydon>

PLEASE NOTE: This is not a Food Bank. Please only come along if you are donating items, or if you are a volunteer collecting items to deliver to others.

PROJECT 4 YOUTH EMPOWERMENT



FREE MEAL DELIVERY SERVICE

Hot meals, groceries & household items

As an organisation we are supporting families impacted by COVID-19, we want to provide hot meals, groceries and toiletries essentials to families who may not have other means.



.Donations ideas:

- Fresh fruit & vegetables
- Non-perishables (canned, boxed, bagged)
- Rice
- Pasta
- Flour
- Long-life milk
- Toothpaste
- Mouthwash
- Deodorant
- Toilet roll / kitchen roll
- Female sanitary items
- Soap / shower gel / shampoo

Please help us support families in need

Get in touch via our website to donate: www.P4YE.co.uk

CROYDON | NOBURY | POLLARDS HILL



FREE MEAL DELIVERY SERVICE

Meat or Vegetarian Meals available with Salad



We are providing Hot Freshly Cooked Meals for the
Elderly and Vulnerable Adults

Limited Dinners Provided

Delivery on: Thursday 2nd April 2020

Contact us ASAP to be added to our delivery list

admin@cassandracentre.org.uk | 07714735568 | 07852525468

Call | Text | Email

LLOYDS BANK
FOUNDATION
England & Wales



NHS

LGO Awards
2019
WINNER

CROYDON
www.croydon.gov.uk

Delivering
for Croydon

LOVE
NOBURY

Charity No: 1125508



Sponsored by

DOMESTIC ABUSE

WHERE TO GET HELP DURING THE COVID-19 PANDEMIC

Are you feeling threatened or unsafe in your home? COVID-19 may have a serious impact on those experiencing domestic abuse due to enforced social isolation. Restrictions may leave you feeling like there is nowhere to turn for help. However, the police, local and national organisations are working hard to support you.

Call 999 if you or someone else is in danger. If it is not an emergency, please call 101 or visit www.met.police.uk

National Domestic Abuse Helpline: [0808 2000 247](tel:08082000247) (available 24/7)

Men's Advice Line: [0808 801 0327](tel:08088010327)

National LGBT+ Domestic Abuse Helpline: [0800 999 5428](tel:08009995428)

Childline: [0800 1111](tel:08001111) If you're a child or young person and domestic abuse is happening in your home or relationship.

Respect Advice Line: [0808 802 4040](tel:08088024040) For perpetrators of domestic violence looking for help to stop.

Advice and support is available for everyone regardless of financial situation, nationality or immigration status.





During the Covid19 epidemic we are still in operation. We deliver either a food parcel or a delicious nutritious meal to local vulnerable and isolated residents.

We operate throughout the borough by using local partners including Ward and Croydon Covid Mutual Aid groups. Clients are referred through either statutory departments or local voluntary sector partners.

We provide meals to all members of our community, so we appreciate a diverse mix of foods including halal and vegetarian. Please place non perishable food items, toiletries, cleaning things and baby things People can donate food (during epidemic) in our yellow bins located at

**Morrison's Purley Way & Sainsbury's Selhurst
(by the football ground)**

27 Kingscoat Road CR0 7DP - 8 Bramley Close CR2 6NQ

**You can also donate on Saturday's between 11am - 2pm
at the Humdard Centre, Mayfield Road CR7 6EJ**

**Due to social distancing rules our only volunteer requirements include
drivers with Full Driving Licence, a current dbs and professional chefs with
Food Safety certificates**

Contact Details

FATIMA 07757754637
Email: info@revivifycommunity.co.uk
or Instagram: [@revivifycic](https://www.instagram.com/revivifycic)

AMATARE 07387003402
referrals@revivifycommunity.co.uk
www.revivifycommunity.co.uk
Twitter: [KoromaF](https://twitter.com/KoromaF)

FEEL FREE TO SHARE

If you know of or have any more links that should be added to this resource please email info@bmeforum.org or What's App on 07957 349 004.

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“Individually we are one drop,
together we are an ocean.”
Ryunosuke Satoro

