

SCRATCHLEY HALL TIMETABLE

DAY	9.30am to 11.30am	11.30am to 1pm	1pm to 3.30pm
MONDAY	Balance & Movement 10.00am - 11.00am	AVAILABLE FOR HIRE 11.30am - 1.00pm	“You Too Can Sing!” 2.00pm - 3.30pm
TUESDAY	Health Hub including Chair-Based Exercise (Once a month) 11am - 12.30pm 19 th February 2019, 19 th March 2019		
WEDNESDAY	AVAILABLE FOR HIRE 9.30am – 12pm		
THURSDAY	Creative Art 10.30am - 12.30pm	Mind, Body & Soul 1.15pm-2.15pm	Line Dancing 2.30pm - 3.30pm
FRIDAY	One to One IT Support (Advance Booking) (Lounge) 9.30am – 11am		Tea & Chat (Lounge) 2.30pm - 4.00pm
<p style="text-align: center;"> Scratchley Hall, 81 Brigstock Road, Thornton Heath, CR7 7JH 020 8683 7100 aukc@ageukcroydon.org.uk www.ageuk.org.uk/croydon </p>			

Brigstock Road Office - 81 Brigstock Road, Thornton Heath, CR7 7JH or contact **020 8683 7100**

Activities in Scratchley Hall – includes exercise classes, social sessions, events, daytrips and holidays. Available to hire are a fully equipped hall area and meeting rooms (*Charges Apply*). Please contact **020 8683 7100** or visit the website (www.ageuk.org.uk/croydon) for further information.

Home Services - *Charges Apply, please contact 020 8683 7120 for further information*

Home Maintenance - Offers a wide range of DIY tasks from changing light bulbs, fuses and washers, to painting and decorating.

Help @ Home - Regular domestic support including shopping, cooking, cleaning and laundry. One off seasonal cleans can be arranged.

Nail Care - Basic finger and toe nail cutting at community venues across the borough, including Brigstock Road.

Healthier Lifestyles Service – *offered Free*

Encouraging healthy living for older people and provide outreach hubs at various locations around the borough.

Personal Safety Project – *offered Free*

Provides advice and practical help to reduce the risk of falls and promotes independence for older people.

Age UK London Business Directory (0800 334 5056 www.trustedtraders.london) – Free access to a resource of checked and vetted local traders (*AUKC makes no direct endorsement or recommendation of any of the traders*).

Central House Office

Information, Advice, Advocacy and Support Services –

Advice Services Croydon (ASC)

ASC Helpline 020 8686 0066

Visit our web site www.ageuk.org.uk/croydon

ASC provides a range of services for all adults, with a focus on people with care and support needs living in Croydon. The service includes Advocacy, Welfare Benefits, Debt Advice, Self Help Support and Hearing Support Services. ASC is a consortium of four local charities, Croydon Hearing Resource Centre, Croydon Vision and Disability Croydon and ourselves. These services can be accessed by drop-in or appointments at locations around the borough. For further information please see the **Advice Diary** on our website or ring **020 8686 0066**.

Carers Support Centre

24 George Street, Central Croydon
CR0 1PB

Every Monday & Friday
Drop In 10.00 - 12.30
Appointments 14.00 - 16.00

Purley Cross Centre

24 High Street, Purley
CR8 2AA

Every Tuesday
Appointment only 10.00 - 16.00

Age UK Croydon

81 Brigstock Road, Thornton Heath
CR7 7JH

Every Wednesday & Thursday
Drop In 10.00 - 12.30
Appointments 14.00 - 16.00

Our online **Directory of Services** (www.ageuk.org.uk/croydon) has details of local and national services that can support people living in Croydon.

Home from Hospital and Reablement Project

Support offered when leaving hospital and settling back into home life. Please contact **020 8686 0066** for further information.

Personal Independence Programme

Home visits are provided using a person-centred and holistic approach to support older people to address isolation, malnutrition, safety at home and access to local services. Please contact **020 3701 3271** for further information.

Volunteering

If you have some time to spare and a particular skill you can share, please let us know on **020 3701 3264**.

